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All-New Moves to
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Tear It Out!
Calorie-Blasting
Training Guide

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MINUTES TO A SCULPTED BODY!

CAMILLE
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ULTIMATE
CROSSFIT
WORKOUT

WIN!
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TONERS

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MARCH/APRIL 2015



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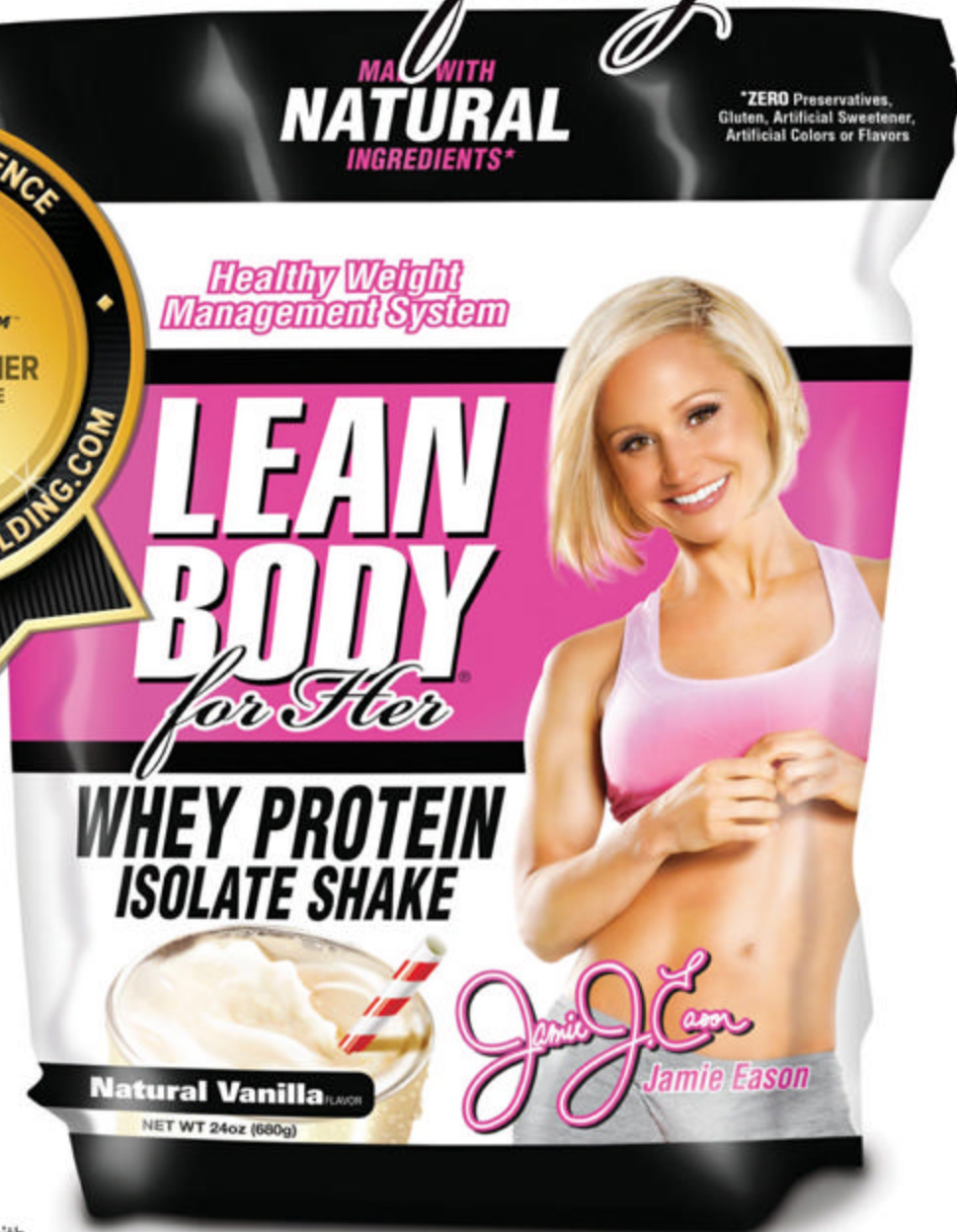
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A CrossFit queen's killer total-body routine.





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The World's Fittest Woman Gets Personal with *Hers*

• **CATCH BEHIND-THE-SCENES** action of 2014 World CrossFit champ Camille Leblanc-Bazin's *Hers* photo shoot at muscleandfitnesshers.com. The "Fittest Woman on Earth" shares her daily fitness routine, 2016 Olympic goals, and what strength and beauty mean to her.



WIN!

Score Camille's favorite Reebok kicks! Enter for your chance to win one of 10 pairs of Reebok 4.0 Nanos. See details, pg. 59.



Get to Know Victoria Adelus!

Find out how this IFBB figure pro is meeting her goals to help other women in the fitness industry, as well as her latest workout tips at muscleandfitnesshers.com. You can also find out more about this strong and sexy athlete at victoriadelus.com.

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From the Chairman

One of the biggest benefits of being physically active is the enormous sense of confidence that you feel, day in and day out. When you take care of your body with exercise and a healthy diet you not only look good, you feel good, and are ready to take on any challenge the world may throw at you.

At *Muscle & Fitness Hers*, we encourage you to embrace those challenges for what they are: opportunities to prove to yourself how strong you can be. One athlete who never shies away from tasks big or small is reigning World CrossFit queen Camille Leblanc-Bazin. Challenge yourself to get through her super-tough workout on page 54. (Plus, there are some great beginner-friendly modifications.)

Cover girl and IFBB bikini pro Nathalia Melo isn't afraid to keep pushing herself, either. In addition to her intense training and competition schedule, she also takes time to lead a series of fitness seminars around the globe. The results of her hard work are clear—and if a better booty is on your wish list, try her kick-butt workout on page 14.

But all challenges don't have to be physical. Whether you're looking to eat better, stay healthier, or just find more

time for yourself, we've got plenty of fresh tips and strategies in this issue.

For more ways to stay strong, head to *muscleandfitnesshers.com*, where you'll find creative training videos, recipe ideas, fat-loss news, and more. There's also

an exclusive behind-the-scenes interview with Leblanc-Bazin and other motivational athlete blogs.

We want to hear from you! What's your top challenge this month? Talk to us on our Community page, tweet us at @MandFHers, post on our Facebook page, or tag us on Instagram @MuscleandFitnessHers. As always, your feedback and trust are essential to our success.



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FOREIGN EDITIONS



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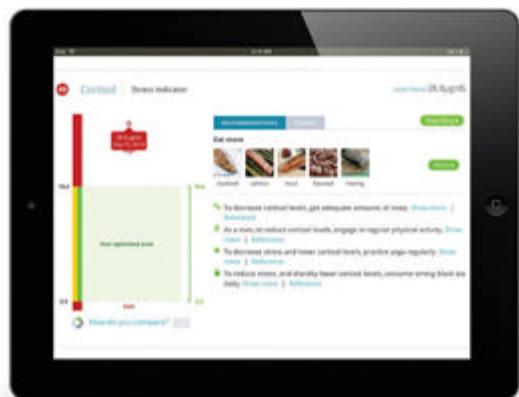
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NUTRITION

InsideTracker: Fitness Blood Test

Fitness starts with food. And InsideTracker—which tests your blood levels for a variety of key performance nutrients and hormones—helps you pinpoint where your diet needs a boost, so you can get better results. A certified nurse visits your home for a quick blood draw. A few days later your peak food and nutrition program (along with scientific explanations and lifestyle tips), based on up to 30 key biomarkers, is laid out online. Consider it valuable food for thought. *From \$149, insidetracker.com —Cat Perry*



FITNESS

Schiek 540 Platinum Series Lifting Gloves

Don't sacrifice style for function. Schiek's Platinum gel lifting gloves include wrist straps for maximum support and are made of a washable synthetic leather, plus they're easy to remove once the iron hits the floor. Backed by a one-year warranty. \$40, schiek.com —PN



HEALTH

Taylor Body Fat Smart Scale

This savvy scale offers up more than just your body weight. Use it to measure your BMI, body fat, muscle mass, and water weight. The all-in-one innovator then uploads your results via Bluetooth to your smartphone to a free app (SmarTrack). It also syncs seamlessly with popular apps like RunKeeper and MapMyFitness, so you can track your progress from every angle and stay on top of your results. \$60, amazon.com —CP



FASHION

GymTote Handbag

We love the sexy-handbag-is-actually-a-gym-bag trend, and one of our favorite new models is the U.K.-based GymTote. This stylish and convenient carry-all is crafted to hold every gym essential. The bag features separate breathable, water-resistant compartments with wipeable linings and a concealed water bottle holder, keeping sweaty clothes, sneakers, and valuables clear of each other. No muss, no fuss! *Eva \$185, Reese \$195, Sophia \$195 (above); gymtote.co.uk (shipping available to U.S.) —Pamela Nullet*

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Get a Bikini Butt

Looking to give your backside a boost? These powerful moves put your rear front and center by working all aspects of your gluteal muscles. “Some glute exercises are suited for maximizing muscle tension; others are better for producing a burn. This workout involves all the primary actions of the muscles, using a variety of rep ranges to target the different muscle fibers,” says trainer Bret Contreras, C.S.C.S., aka “the Glute Guy,” who created the workout on these pages. “It’s designed to encompass all the methods for developing a muscle, which ultimately will give you the amazing glute shape that you want.” Brazilian-born **IFBB bikini pro Nathalia Melo** shows us how to put it all together with some of her favorite booty pickups.

BY ALYSSA SHAFFER // PHOTOGRAPHS BY DUSTIN SNIPES // PRODUCED BY TARA CANOVA



BARBELL HIP THRUST

WORKS: *Glutes, Quads, Hamstrings*

- Sit on floor, leaning with upper back against a flat bench, knees bent, and feet flat on the floor. Place a padded barbell across hips.
- Pushing up through heels, lift hips until thighs are parallel with floor and torso and core are in line with quadriceps; keep ankles directly under knees (A).
- Hold one count, squeezing glutes at the top of the movement. Slowly lower glutes toward floor without touching all the way back down (B). Do a total of 10 reps, 2–3 sets.

Tip

MAKE SURE NOT TO ARCH YOUR SPINE OR HYPEREXTEND YOUR LOWER BACK. DON'T RISE ONTO TOES.



DEFICIT BULGARIAN SPLIT SQUAT

WORKS: *Glutes, Quads*

- Stand to one side of a flat bench, with top of right foot on the bench and left foot on top of an aerobic step about two feet in front of the bench (no risers). Hold a dumbbell in each hand with arms at sides, palms facing in (A).
- Slowly bend both knees to about 90 degrees, allowing your right leg to go lower than the step height (B).
- Push through heels to rise back to start position.
- Perform 8 reps; switch sides and repeat. Do 2–3 sets.

Tip

DON'T ALLOW YOUR FRONT KNEE TO TRAVEL PAST YOUR TOES AS YOU BEND YOUR LEG.

PAUSE GOBLET SQUAT

WORKS: *Glutes, Quads*

- Stand tall with feet hip-distance apart, toes turned out slightly (about 30 degrees), holding a dumbbell vertically with both hands in front of chest, elbows close to sides (A).
- Bend knees into a deep squat, bringing elbows in between knees. Keep weight over heels and torso upright (B).
- Pause for a three-second count at the bottom, then push up through heels back to start. Repeat for a total of 8 reps, 2–3 sets.

Tip

DON'T SHOOT YOUR HIPS UP FASTER THAN YOUR KNEES.





CABLE QUADRUPED

WORKS: *Glutes*

- Place a flat bench in front of a cable machine. Attach an ankle strap around right leg using the lower weight stack. Kneel with left hand and left knee on bench, right foot resting on floor (A). (You can hold the weight rack with your right hand

for support or keep it on the bench.)

- Lift right leg straight behind you to hip height, squeezing glutes at the top of the movement (B). Slowly lower foot without touching floor; repeat for 20 reps. Switch legs and repeat. Do 2-3 sets per leg.

Tip

KEEP A NEUTRAL SPINE; DON'T OVERARCH AT THE TOP OF THE MOVEMENT.

Tip

FEEL THE STRETCH IN YOUR HAMSTRINGS AS YOU LOWER WEIGHT TOWARD FLOOR.



AMERICAN DEADLIFT

WORKS: *Glutes, Hamstrings*

- Stand tall with feet shoulder-distance apart, holding a barbell in front of thighs with an overhand grip (palms facing thighs).
- Bending forward from hips, slowly bring barbell to about knee level, pushing glutes behind you; arch spine slightly as you lower down (A).
- Reverse the movement, tilting pelvis up slightly as you stand; push hips forward and squeeze glutes hard at the top of the movement (B). Do a total of 2-3 sets of 8 reps.



PAUSE SINGLE-LEG HIP THRUST

WORKS: *Glutes, Quads, Hamstrings*

- Sit on floor between two flat benches placed about three feet apart. Place bottom of left foot on front bench and lean back on rear bench, raising both arms out to sides at about shoulder height. Lift right foot slightly (**A**).
- Pushing through left foot, extend hips upward, bending left knee about 90 degrees to form a straight line through back of body, squeezing glutes. Keep right knee bent and higher than left leg (**B**).
- Pause at top for three seconds, then lower down, touching glutes briefly to the floor before repeating. Do 8 reps; switch sides and repeat; do 2–3 sets per side.



Tip

USE A FULL RANGE OF MOTION, REACHING FULL HIP EXTENSION AT THE TOP.



A



B

Tip

SQUEEZE GLUTES
HARD AT THE
TOP OF THE
MOVEMENT.

SIDE-LYING CLAM RAISE

WORKS: *Glutes*

- Lie on left side with knees bent in front of you, legs stacked, supporting upper body with forearm on floor under shoulder. Place right hand on hip (**A**).
- Lift hips off floor, using glutes to drive the

movement. As you come up, lift your right knee above hips while keeping your lower left leg on the floor (**B**).

- Lower back down, bringing legs together. Do 10 reps; switch sides and repeat. Do 2–3 sets total.



COVER GIRL

Nathalia Melo

Age: 30

Birthplace: I was born in São Paulo, Brazil. After living in the U.S. for 10 years, I moved to Belfast, Northern Ireland, in May 2013, where I live today.

Why I compete: Growing up I was always active. I swam for 12 years and started going to the gym at 14. But when I moved to the U.S., I really wasn't following a very healthy lifestyle. I found out about the bikini division in 2009 and thought that signing up for a competition would be a great way to challenge myself while getting back to eating and living healthily, which it did—and much more!

Favorite parts to work: My glutes and shoulders. I just love the look of a rounded defined shoulder and a perky booty!

Top clean meal: Baked salmon, peas, and baked sweet potato fries.

Cheat treat: Pretty much anything

that's made with chocolate, especially a warm brownie with vanilla ice cream!

When I'm not in the gym: I love to travel around the world and experience different places, cultures, and food.

Top supps: I usually take a daily fat burner, glutamine supplements for support, and protein powder for my nutritional needs. And because there isn't much sunlight in Northern Ireland, I take vitamin D supplements.

Surprising fact: Not many people know, but I was supposed to be a lawyer! When I moved to the U.S. I was in my sixth semester of law school in Brazil. I quit to move to America!

My goals: I have been doing a series of fitness seminars in more than 10 countries around the world, so I want to keep on expanding that, as well as my training camps. I also want to launch my e-book about training and competing and open my own fitness studio.

Pulse

M&F Hers

March/April 2015

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PUSH YOUR LIMITS

Make yourself a promise: **Today you will try something new.** Whether it's a food you've always wanted to taste, a move at the gym you've never done before, or a path you haven't yet taken, now is the time to get out of your comfort zone. Change can be scary but also invigorating. And we'll be right there with you, giving you the tools you need and motivation to challenge yourself in ways both big and small. **Remember: In order to reach new heights, you can't be afraid to keep climbing.** Brag about your latest accomplishments—we can't wait to hear what you've done!



ARTIGA PHOTO/GETTY IMAGES

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My fave way to...

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Bare your arms all year long with these workout techniques and moves from top fitness pros

BY SOMMER ROBERTSON-ABIAD



BPI BOMBSHELL

Barbara Bolotte

SCULPTING SECRET:

Battle Rope Burnouts

WHY IT'S HER FAVE:

"Using battle ropes between regular lifts allows you to fatigue your muscles while giving you a calorie-busting workout. I combine back and shoulder movements with arms for a complete upper-body routine. Using battle ropes also targets all of those muscles at once."

HOW TO DO IT:

Hold ends of battle rope at arm's length in front of you. Stand with feet hip-distance apart, knees slightly bent. Brace core and explosively raise and lower alternate arms. Continue for 30 seconds.

Barbara's Arm Workout

Exercise	Sets	Reps
Seated Shoulder Press	3	8-10
Straight-bar Row	3	8-10
Skull Crusher	3	10-12
Alternating DB Curl	3	8-10

*Do 30 seconds of battle-rope waves between each exercise.



CROSSFIT CHAMPION

Brittany Fried

SCULPTING SECRET:

Cable Supersets

WHY IT'S HER FAVE:

"I superset some arm exercises on the cable machine to save time and up the burn. Cables put the muscle under constant tension throughout the move."

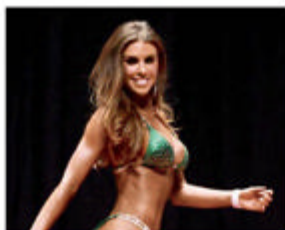
HOW TO DO IT:

Hold a straight bar on a low cable pulley with an underhand grip, elbows close to sides. Curl bar toward shoulders; lower and repeat for reps. Next, face a high pulley with a rope and grasp one end in each hand. Keeping upper arms still, straighten arms downward; repeat.

Brittany's Arm Workout

Exercise	Sets	Reps
Lateral Raise	3-4	15-20
Front Raise	3-4	15-20
Barbell Press	3-4	15-20
Dumbbell Curl	3-4	15-20
Skull Crusher	2-3	15-20
Cable Curl	4*	15-20
Superset with		
Rope Pressdown	3	15-20

*On the fourth set of cable curls, perform a dropset.



IFBB BIKINI PRO
Christie Cash

SCULPTING SECRET:

Superset 21s with Skull Crushers

WHY IT'S HER FAVE:

"With 21s you vary three different ranges of motion in one biceps exercise. Superset that with a triceps movement like skull crushers and you've got one very challenging combination."

HOW TO DO IT:

21s:

• Hold a weight in each hand, arms in front of thighs and palms up. Curl weight up until elbows are bent 90 degrees. Lower to start; do 7 reps total.

• After final rep, bend elbows 90 degrees and curl weight toward shoulders. Lower back to 90 degrees and repeat; do 7 reps.

• After final rep, lower weights back to start. Complete 7 more reps doing the full range of motion for a total of 21 reps.

Skull Crushers:

• Lie faceup on a flat bench holding weights in each hand, arms extended above shoulders.
• Slowly bend elbows, lowering weights toward head. Press back to start and repeat. Do 12 reps.

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The Hardest Move You've Never Tried

Around-the-Worlds

Turn your shoulder training upside down with this challenging, gymnastics-inspired exercise

BY SOMMER ROBERTSON-ABIAD // PHOTOGRAPHS BY EDGAR ARTIGA

Sometimes the best exercises for your physique are the most basic. For proof, look no further than elite gymnasts, who have some of the best bodies in the world yet rely almost entirely on body-weight exercises. “Every event in gymnastics requires mastering body-weight movements,” says Eric Daye, a trainer who specializes in gymnastics strength training.

And one of the top gymnastics moves to develop solid, functional strength is the handstand. “Anyone who’s trying to improve their physique and gain strength and athleticism, get up against a wall and do a handstand,” says Daye. Handstands require your muscles to contract isometrically while keeping you perfectly balanced. Your shoulders, back, arms, and chest bear most of your weight, and your core is crucial to maintain balance.

“Handstands are extremely underrated, mostly because people think they just can’t do them,” notes Daye. The key is to scale your progression from beginner to intermediate and advanced levels. Rather than have clients do handstands against a wall, Daye likes to have them use a box and walk their hands around the perimeter. This move, known as “around-the-worlds,” takes away some of the balancing issues, so you can focus solely on developing upper-body strength, especially for the shoulders.



Have a supertough move for your fellow Hers readers? Bring it! Send your Hardest Move to AskTheEd@muscleandfitnesshers.com.

Around-the-Worlds

Beginner (not shown)

- **BEGIN** in a pushup position with feet up on a box that’s approximately as tall as your hips.
- **WALK** hands toward the box until arms are aligned with your ears, and hips are directly over your shoulders. Your body should form an upside-down L shape.
- **STABILIZE** your torso by engaging your core and leg muscles. Do not allow your low back or rib cage to sag or arch, and keep your legs straight.
- **LIFT** your right hand off the floor to touch your right shoulder briefly, then lower and repeat with your left hand. Complete for 15 reps each side. This will help you get the feel for shifting your weight from one side to the next.
- **TO COME** out of the move, walk hands forward into a full pushup position and step or jump feet off box.

Around-the-Worlds

Intermediate/Advanced (SHOWN)

- **START** as in beginner position above—feet on box in a pushup position—then walk hands in until arms are aligned with ears, and hips are directly over shoulders. Keep abs and legs engaged and don’t allow your low back or rib cage to sag or arch.
- **MOVING** with your right then left hands, “walk” hands clockwise around box, keeping abs tight and head tucked between your arms. Continue moving around entire perimeter of box. That’s one round. Complete two to four rounds total with minimal rest between each round.

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Upper-Body Reboot Plan

Our expert chimes in on how to tweak an upper-body routine to reach your muscle-sculpting goals



NEW

Balanced Training Plan

Day 1: Shoulders, triceps, abs (body weight), cardio (30 min.)

Day 2: Quadriceps, calves, biceps

Day 3: Back, abs (weighted), cardio (30 min.)

Day 4: Chest, hamstrings, glutes

Day 5: Rest

**For each workout, do three sets of four exercises for each major body part (15, 12, 9 reps) and three sets of three exercises for arms, calves, and abs.*

CHRIS C., CURITIBA, BRAZIL:

"I do this upper-body workout three times a week (the other days are leg days). I always try to keep the exercises as heavy as possible, so the last two reps are very difficult to complete. My goals are to gain more muscle mass and lose body fat."

OUR EXPERT SAYS:

If your goal is to gain muscle, doing complete upper- and lower-body workouts won't give you enough room to rebuild and recover.

Muscles need to be overloaded, then given 48 hours to repair in order for them to grow.

Your current workout neglects your shoulders and your two chest moves are repetitive. To achieve a sleek, feminine, muscular look, your shoulder-to-waist taper is important. Try adding heavy dumbbell presses and high pulls while eliminating the bench press, which is basically worthless for women unless you're just going for strength and not shape or size.

Also, remember that your back is your largest muscle and needs a decent load to promote growth. I'd like to see you warm up for 500

meters on the rower and incorporate bentover rows and long-range cable rows into your workout. Finally, you need to include some biceps exercises to keep your arm training balanced.

Your repetition and set ranges are great, you just need to break down your training schedule a bit differently to focus on various body parts.

—Gino Caccavale, Hers technical adviser

Let us help refine your lines!
Submit your workout for review at
AskTheEd@muscleandfitnesshers.com.

OLD

Upper-Body Workout

Three sets of 10–15 reps of each of the following, resting 30 seconds between sets:

- 1 Graviton machine
- 2 Row machine
- 3 Pull machine
- 4 Bench press
- 5 Incline bench press (with dumbbells)
- 6 Triceps on bench
- 7 Dumbbell side raise

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A varied training regimen helps Hopkins stay primed for any stunt.

On a Roll

When I was Jenny Kincaid on *CSI: Miami*, the script called for me to fall down a flight of stairs, and I was so excited to be able to perform my own stunt! The actor who played my father was holding me tight and saying, "But you are so small!" I dug deep and then "Action!"—I got pushed down the stairs. The adrenaline rush was insane! That was the beginning of my stunt career, and I knew this was what I wanted to do.

Visual Art

Staying cool under pressure is all mental. Being an athlete all my life has helped tremendously; we're groomed not to show worry or pain. And honestly, I like it. If I'm going through glass, and I know the special effects department has prepared only two sheets, it means I have only two chances to get the shot. I think about what could go wrong once, then I let it go. I visualize myself performing the stunt and hitting my mark. I expect my body to do that 100%—nothing less.

Natascha Hopkins

Find out how this Hollywood stuntwoman stays ready for action and on top of her game

BY CAT PERRY

Action-Packed Career

I've tumbled off of buildings, blasted through glass, been involved in car crashes, thrown down stairs, fallen out of cars, and even set my body on fire. I've doubled for high-profile actresses such as Halle Berry, Jada Pinkett Smith, Kerry Washington, Beyoncé Knowles, and Zoe Kravitz. But the most

exhilarating feeling for me at this stage in my career is just being able to appreciate the preciseness of each stunt performed.

Lean and Limber

As a stuntwoman, I always have to be in great shape, but because most actresses are superthin, I also need to watch my weight. So I love lengthening exercises like Cardio Barre, Bar Method,

and hot yoga as well as hiking. I do at least one intense training session a week, plus sprints up a hill, on a treadmill, or in the pool to vary my workouts. I also love flag football; it's my favorite! And I always wear my Capo-Nata Apparel Lean Body Sports Bra, which I designed. It has a thick, high-performance fabric for ultimate support and a sweat-absorbing band for comfort.

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Alex Minsky

The retired Marine, underwear model, and all-around inspiration isn't afraid to bare all BY ALYSSA SHAFFER

"Ultimately, life is about finding the right balance."

Alex Minsky was in Afghanistan for just a few weeks when his vehicle ran over a roadside bomb that tore off his right leg below the knee and put him into a coma for 47 days with a traumatic brain injury. He miraculously recovered but tumbled into a deep depression that included a dangerous relationship with alcohol. Minsky gave up drinking and found solace in the gym, where a photographer asked if he'd consider being a model. Today, the 25-year-old star is also pursuing acting and competitive fitness.

Training for Life

Going to the gym was a lifesaver. It was a place where I could set goals and have something to work toward every day. I recently took part in my first physique competition, and that really tested my conditioning. I know now what I need to do to get a better standing next time around!

Comfortable in His Skin

Modeling keeps me productive. I like to have something to work for. I know if I have a shoot in a couple of weeks I need to be on my diet, hit the gym, and really make sure I'm in good shape. If people are going to pay me to stand in front of a camera, the least I can do is show up ready to work.

I don't get camera shy—I'm naked all the time, it doesn't bother me! In fact, sometimes I think I'm a little too comfortable. I was recently at a fashion week event, and I had a pair of underwear on from one of the lines I model.

Someone asked me about it, and I just took my pants off right on the red carpet!

The Tatted Truth

I love all of my tattoos. They all signify something special from the time I got them. But probably the most significant ones are those I got when my brother passed away.

Perfect Match

When it comes to dating, the most important thing for me is to find someone who has the same mindset and wants the same things. Life is a roller coaster. It's how a woman handles that daily grind of ups and downs that matters most.

Minsky appears in numerous campaigns, including this ad for *Hunger Games: Mocking Jay*.



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The Ultimate Mix-Up

I just started lifting weights. Am I better off sticking with the same routine for each workout or mixing things up from week to week?

—Gina Atkins, Clay, AL

“To sculpt muscle while increasing strength, there is a benefit to having variety in your routine,” says Brad Schoenfeld, Ph.D., C.S.C.S., director of the Human Performance Lab at Lehman College. Rotating in different exercises with each workout lets you hit more target muscle fibers and better develop the entire muscle group. A study in the *Journal of Strength and Conditioning* found exercisers who did a variety of lower-body exercises had better quad development and greater strength gains than those who focused on doing only squats.

But you can mix things up too much, warns Schoenfeld, especially in the early stages of a workout. “Repeating exercises over time helps ingrain motor patterns, so your form will improve,” he says. Better form equals better results.

Q:

The Right Diet for Right Now

What type of diet should bikini competitors follow in the off-season?

—Dr. Brooke (via Community)

Off-season programs are meant to help you maintain healthy body-fat levels while giving you time to add lean mus-

cle and balance your physique, says longtime bikini-competitor coach Kim Oddo, owner of Body by O in Temecula, CA.

Aim for 35% of your calories to come from protein, which supports lean muscle growth, says Oddo. About 45% of calories should come from carbs,

Do you have a diet, fitness, or training question you want a *Hers* expert to answer? E-mail us at AskTheEd@muscleandfitnesshers.com and we may answer it in a future issue of the magazine.

which will provide glycogen to fuel your workouts. Finally, healthy fats should be the remaining 20% of your calories, to help stabilize hormones and offer long-term energy for activity. Calculate your total number of calories based on your daily energy needs. If you're trying to add lean muscle, add about 500 extra calories above your current base; if your goal is to lose some body fat, trim about 500 calories from your base. Adjust your calories based on your results.

Q:

Do-Anywhere Workout

I'm a flight attendant, so I'm constantly on the road, with

limited equipment access. What's a good workout that will help keep me in shape?

—Deneen Sorensen, Auroras, CO

You don't need a row of machines or a rack of weights to get in a good workout. Your body weight can provide all the resistance you need to build strength and sculpt muscle. Try this quick workout from Eric Von Frohlich, owner of EVF Performance and Row House in New York City. It's designed to target all your major muscle groups while also boosting your heart rate in just 15 minutes.

15-Minute Body Blaster

Do the following exercises in the order given, doing as many sets as possible in 15 minutes. Keep score of the number of total rounds you've completed, then challenge yourself to do more in your next workout.

Exercise	Reps
PUSHUPS Move to floor, keep core tight, elbows in, shoulders forward	5
SQUATS Go deep if possible, bringing hip crease below tops of knees	10
SITUPS Move through full range of motion	15

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Supreme Greens

This easy-to-prepare meal packs nutrition into every bite

RECIPE BY **SILIANA GASPARD** PHOTOGRAPH BY **PETER TAK**

Eat this: Kickin' Kale Salad

Low in calories, rich in flavor, and off the charts in health benefits, kale is one of those superfoods that will still be left standing long after its other trendy companions have faded away. Steamed, sautéed, or raw, it's an easy choice for active women looking for maximum nutrition in every meal.

"Kale is loaded with antioxidants, helps support your cardiovascular system, and is richer per calorie in iron than beef," says NPC bikini competitor Siliana Gaspard, who often makes this salad by mixing kale with lean proteins and healthy fats. Feel free to play with substitutions, such as swapping chicken for turkey or walnuts for sunflower seeds, to create a perfectly balanced, quick lunch or light supper.

INGREDIENTS

- 2 cups kale, washed and roughly chopped
- ¼ cup garbanzo beans, rinsed and drained
- 2 tbsp avocado, chopped
- 1 handful alfalfa sprouts or pea shoots
- 1 carrot, chopped
- 1 Persian cucumber, chopped
- ½ red pepper, chopped
- 1 tbsp sunflower seeds
- ½ apple, chopped
- 3 oz sliced turkey
- 1 tbsp lemon balsamic vinaigrette

Lemon Balsamic Vinaigrette

- ½ tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp mustard
- ½ lemon, juiced
- Salt and pepper, to taste

DIRECTIONS

Combine all salad ingredients in a large mixing bowl. In a separate small bowl, whisk together vinaigrette ingredients. Toss salad with dressing and dig in!

PER SERVING

- Calories: 521
- Fat: 19g
- Saturated fat: 3g
- Carbs: 60g
- Fiber: 15g
- Protein: 28g

Have a healthy, delicious recipe you'd like to share? E-mail us at AskTheEd@muscleand-fitness.com, and we may publish it in a future issue.



Siliana Gaspard,
NPC bikini
competitor



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Gut Reaction

• **HEALTHY INTESTINES** do more than just make you feel good—they can also help you get slimmer. Research published in the *American Journal of Clinical Nutrition* says two specific functional fibers—polydextrose and soluble corn fiber—can lead to more “good” gut bacteria, *Bacteroidetes*. Plenty of this beneficial bacteria may help weight-loss efforts. In fact, subjects in the study who showed more *Bacteroidetes* in their gut tended to be leaner.

The best way to foster these do-good bacteria is to eat plenty of plant-based, fiber-rich foods like vegetables, fruits, and whole grains, says Torey Armul, R.D., a spokeswoman for the Academy of Nutrition and Dietetics. Research has shown that eating fiber from whole foods, as opposed to fiber in beverages, can be more satiating than supplements. Aim for the recommended 25 to 38 grams of fiber a day. —Diana Kelly

FOR THE BEST DIET ADVICE, CLICK THROUGH

Googling for info about weight loss? Don't stop at the first page of your results. A study published in the *American Journal of Public Health* found you may need to dig a little deeper to make sure the info you're reading is reliable. Few credible websites come up in the first few search results, says François Modave, Ph.D., chair of the department of computer science at Jackson State University in Mississippi. “People must be critical of what they're reading on the Internet, especially when it comes to weight loss. See if what you're reading is corroborated elsewhere in a reputable source,” he says. Ideally look to government, university, and medical websites first. —D.K.



PREP WORKS



ALL THAT TIME you spend in the kitchen making your meals can yield some big benefits for your body—and your wallet. Subjects who spent more than an hour prepping food each day had a higher-quality diet and a greater intake of vegetables, salads, and fruits than those who

spent less than an hour preparing their food, according to a recent study published in the *American Journal of Preventive Medicine*. Those who avoided the kitchen also spent more money on food and relied more on convenience foods to quell their hunger in a hurry. —D.K.

One More Reason to Love Joe



• **TELL YOUR BARISTA** to make that java a grande if you've had a cheat day! A new study found that a chemical compound in coffee called chlorogenic acid (CGA) might help prevent weight gain that comes from following a high-fat diet. Mice fed high-fat foods for 15 weeks were also injected with CGA twice a week. The CGA helped prevent weight gain and maintain normal blood sugar levels and a healthy liver. While the mice received higher doses of CGA than most of us would get through a daily beverage habit, a “similarly beneficial effect should be expected with coffee,” says author Yongjie Ma, a postdoctoral research associate. —D.K.

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The One Fat You Should Fear

You know about healthy fats, but an essential fatty acid may be doing you more harm than good. Boost your health by cleaning up your diet.

BY CHRISTOPHER R. MOHR, PH.D., R.D.

There's a dangerous fat lurking in your food, one that may be even worse than the artificial trans fats that are slowly being removed from our food supply. **It's called omega-6 fatty acid, and it's found in many of the foods we eat every day.**

Omega-6 fats are cousin to the more beneficial omega-3 fats, which have been shown to help cut down your risk of heart disease, improve skin health, reduce inflammation and joint pain, and even help with weight loss. One study published in the *Journal of Sports Science and Medicine* found that supplementing with 3,000 milligrams of omega-3 can even minimize the delayed onset muscle soreness that comes from hard training.

Both omega-3s and -6s are known as essential fats, meaning they can't be made in the body, so you have to get them from your diet. Omega-3s are primarily found in such foods as wild salmon, anchovies,

sardines, tuna, and other fatty fish as well as nuts, flax, hemp, and chia seeds. Omega-6s are prevalent in vegetable oils like corn, soy, sunflower, and safflower, along with many processed foods.

The trouble with omega-6 comes in its relationship to omega-3s. **Both fats compete for the same enzymes but have opposing functions. Omega-3s are generally anti-inflammatory, while omega-6s are pro-inflammatory.** And most Americans get far too many omega-6 fats and too few omega-3s. This can increase inflammation throughout the body, according to Doug Bibus, Ph.D., a researcher in the field of fatty-acid biochemistry and nutrition at the University of Minnesota. In turn, this high ratio of omega-6 compared with omega-3 can heighten the risk of a variety of ailments, from heart disease and joint pain to muscle recovery.

"The average American typically shows about 40% of the

Pouring on the truth: Too much of our fats come from processed foods.

fatty acids in blood as omega-6 and only 5% as omega-3, or an 8-to-1 ratio," Bibus says. "In populations like Japan, this is more like a 3-to-1 ratio."

One study published in the journal *Biomedicine & Pharmacotherapy* concluded that **the smaller this ratio between omega-6 and omega-3, the lower the risk of chronic disease.**

Most Americans need to boost their current omega-3 fat intake to about 3,500mg a day (or about 150 times more than current

average intakes). It's not hard

to do: Aim to consume two to three servings of fatty fish per week plus take a daily high-quality fish oil supplement. At the same

time, try to cut back on vegetable oils, processed foods, and other sources of omega-6s. By reducing this imbalance, you'll give your body the nutrition it needs to improve your performance during workouts while also cutting down your risk of chronic disease.

Most of us need to boost our levels of omega-3 fats while cutting omega-6 sources.

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“My husband and I lost more than 400 pounds!”

Harmony and Rob Pini took their marriage to new heights while the scale reached new lows thanks to their dedication to a clean diet, regular workouts, and each other

BY ALYSSA SHAFFER

• **FOR HARMONY PINI** getting married was more than just the start of happily ever after—it also brought her to a whopping 395 pounds. “I wasn’t heavy as a kid, but I started to put on weight after graduating college, and then when I got married, the extra pounds really came on,” says Pini, a 40-year-old dental assistant from Hampstead, NH. “It was simply a matter of eating too much and doing little to no activity. Time went by, and before we knew it, both my husband, Rob, and I had

gained a substantial amount of weight”—we weighed about 400 pounds each.

In 2011, Rob started a new job with a health plan that covered consultations with a nutritionist and a gym membership for both himself and Harmony. “Rob had become diabetic, and his health risks struck a chord with me. I knew this was something we needed to do together.”

The two started watching their portion sizes and doing some moderate activity. In a few months, each lost about 75 pounds. Both were feeling good and

looking to step up their weight loss even more. They joined a local club in which a trainer put together a basic workout plan for them to follow together. Outside the gym, they began doing 5Ks and mud runs. “It isn’t competitive with us,” says Pini. “It’s more about supporting each other.”

By the end of the year, Rob had lost enough weight to go off of his diabetes medications and return his cholesterol count to a normal level, and Harmony continued to see her pounds come off, albeit at a slower pace than she would have liked.

That next summer, the couple saw an ad for a free trial class at a kickboxing gym. “I was still about 275 pounds, but the moment I stepped in, the owners made us feel welcome. The class was tough but a lot of fun.” Inspired by how power-

ful the workouts made them feel, both Harmony and Rob became regulars. “Working out there not only pushed me to my limits, it also forced me to do my best.” She began working out at the studio about an hour or two a day, plus lifting weights five to six days a week. She and Rob also drastically cleaned up their diets.

After about 18 months, Pini had lost about 125 more pounds and now wants to enter a figure competition. “I can’t wait to get onstage and show the results of all of my blood, sweat, and tears.” She’s also become a green belt in Muay Thai/American kickboxing. “The most important lesson I’ve learned is that diet and exercise go hand in hand,” says Pini. “You can’t have true success with just one part of the equation.”



HARMONY		ROB	
395 POUNDS	BEFORE	425 POUNDS	
150 POUNDS	AFTER	230 POUNDS	

How She Does It

Harmony's workout

STRENGTH (4–5 days a week)
Three-day split with biceps-triceps, chest-back and legs, plus abs (daily). She also takes weekly barre classes for strength and flexibility.

CARDIO (6 days a week for about 1 hour)

KICKBOXING, SPINNING, OR RUNNING

Sample daily menu

BREAKFAST: Egg whites with spinach

MORNING SNACK: 1 grapefruit

LUNCH: Salad with grilled chicken (no dressing)

AFTERNOON SNACK: 10 almonds

DINNER: 3 oz fish, ½ sweet potato, 1 cup of vegetables

THE FINAL STEP TO A *Sexy, Lean Body*

Do you struggle with shedding those last few pounds to accentuate your sexy, lean body? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and lean physique.

The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and feel bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean body.



Carol Saraiva

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Surprise! Running May Actually Be Good for Your Knees

You've probably heard that running will wreck your knees, but new research shows it won't actually increase your risk of knee osteoarthritis and may even help protect you from developing the disease. Researchers performed a study with patients either at high risk for developing knee osteoarthritis (caused by a cartilage breakdown in the knee joint) or who already had the condition. "We found that runners were less likely to have frequent knee pain, radiographic evidence of osteoarthritis (ROA), and the combination of knee pain and ROA in the same knee," says study author Grace Hsiao-Wei Lo, M.D. M.Sc., assistant professor of medicine at Baylor College of Medicine. Once the researchers adjusted for differences in BMI, the prevalence of ROA was similar in runners versus nonrunners. The difference in weight may also explain why runners generally have less osteoarthritis than nonrunners. —*Diana Kelly*

HOW SAFE IS THE AIR IN YOUR GYM?

If you're exercising indoors to avoid allergens and pollution, the air in your gym might not be much better for your health. Researchers examined air quality in 11 fitness centers in Lisbon, Portugal, and found high levels of airborne dust, formaldehyde, and carbon dioxide. These indoor air problems were highest in the evening when more people packed into studios. To minimize exposure to poor indoor air problems in your facility or even in your own home, avoid working out in areas that have notable water damage or mold, and keep clear of equipment that's placed under dusty vents. It can also help to wait a few hours after your gym cleans to minimize your exposure to chemicals. —*DK*

Happy Feet

You love the look of heels, but your body may be paying the price. Podiatrist Ami Sheth has three tips for walking tall without wrecking your feet.

- **CHOOSE COMFORT:** Wedges are the best option, since they minimize the height difference between the ball of your foot and the heel. Or look for pumps with a wider heel base, a rubber or cork sole, and padding in the toes. We like Vionic's (vionicshoes.com) sexy and smart snakeskin wedge with EVA orthotic insert.
- **GET SMARTER SOCKS:** If you stand for a long time, your feet *will* hurt. To reduce strain, wear compression socks like these cute ones from Vim & Vigr (vimvigr.com).
- **MIND YOUR POSTURE:** Focus on walking with your shoulders back and your spine straight, not hunched. —*DK*



MIDNIGHT MUNCHIES AND MEMORY

Raiding the fridge late at night can lead to more than just unwanted weight gain, it can also impair your memory. UCLA researchers discovered that mice that ate during normal sleep times disrupted their biological clocks and reduced both their learning ability and memory of what they learned. To keep your thoughts sharp, have that last protein shake at least an hour or two before bed. —*DK*

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Knee Flex Rx

Your knees take on endless challenges—plyo, running, dozens of squat variations, and more. Lesson here: Protect them! The largest joint in your body is also one of your most vulnerable.

BY CAT PERRY

Women are four to six times more likely to experience knee injuries than men, “because women generally move more from the knees, while men more from the hips,” says Jay Dicharry, M.P.T., C.S.C.S. “Moving from the hips helps you maintain better alignment as you run, cut, and jump.” But you can reduce your risk of knee injury by retraining your landing patterns and firing up support muscles with balance and agility training, he adds. Of course, building strength evenly in your hamstrings, quads, and core is also key.

If you have swelling, stiffness, or hear cracking sounds in your knee, see your doctor. “Sometimes the damage is minor and can be treated conservatively with physical therapy to improve dynamic stability of the leg, but a severe injury may require surgery and then rehab,” Dicharry says. The top three causes of knee pain are patellofemoral syndrome, IT band syndrome, and runner’s knee. Here, the symptoms and most common causes of each:

	SYMPTOMS	COMMON CAUSES
Patellofemoral Syndrome	<ul style="list-style-type: none"> • Pain all over the knee (inside/outside/top/bottom) • Generally concentrated just behind the knee • Worse going up or down stairs or inclines 	Poor quadriceps strength, weak hip muscles, tight lateral muscle, or patellar hypermobility, among other things
IT Band Syndrome	<ul style="list-style-type: none"> • Pain on outside of knee • Worse hiking or running downhill or down stairs • Typically not felt running, hiking, or going up stairs 	Can be caused by overuse of any muscle from your hip to your knee, or by weak hip muscles or tight tissues
Runner’s Knee	<ul style="list-style-type: none"> • Can refer to all-over knee pain but typically felt just under the kneecap • Worse landing from a jump, running downhill, or going down stairs 	Misalignment, problems with feet, or weak hip muscles

COMING IN FOR A LANDING

Training expert Pete McCall, M.S., C.S.C.S., has these essential tips for women to improve their landings during dynamic activities and help prevent knee injury. To retrain your body to properly absorb downward force with the entire leg, “start with a squat,” McCall says. “Stand with feet hip- or shoulder-width apart and roll up onto the ball of each foot. At the top, roll from the toes to the midfoot, back to the heel, then sit back in the hips.” Do 2 sets of 8–10 reps, focusing on the down portion of the movement.

Train Away Pain

RICE (rest, ice, compression, elevation) therapy can temporarily reduce swelling. McCall also says to avoid machine quad/knee extensions or other isolated moves that put too much direct force on the knee, but **multijoint exercises for the hips, hamstrings, quads, and core are essential. To reduce knee pain, he adds, it’s equally important to train on one leg. Here are his key moves for knee injury recovery.**

Glute Bridge (or Single-leg Glute Bridge): Lie faceup on mat, knees bent 90 degrees, and arms at sides. Bridge your hips toward the ceiling until your body forms a straight line from knees to shoulders. For single-leg bridge, lift right leg 45 degrees, then perform hip bridge. Keep right leg lifted as you lower hips toward floor, almost touching down. Do 2–3 sets of 10 reps (or 5 reps each leg).



Romanian Deadlift (or Single-leg Deadlift): Stand straight, then hinge forward at hips. For single-leg DL, balance on right leg, hinge forward at hips while extending left leg behind you. Do 2–3 sets of 8–10 reps (or 5 reps each leg). **Stepup (Front and Lateral):** Step onto a flat bench. At the top of the move, hold 2–3 seconds, then step down. Do 2–3 sets of 8–10 reps for each leg, in each direction. **Reverse Lunge:** Stand with your feet hip-width apart. Step right leg back and lunge until your left thigh is parallel to the floor. Return to start. Do 2–3 sets of 8–12 reps for each leg.

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Ex-Stream Fitness All-Stars

The seven toughest online exercise portals you can stream from anywhere **BY CAT PERRY**

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Lisa-Marie, head trainer and co-owner of the wildly successful *BodyRock.TV*, has just one mission: to get you ripped and slim with brand-new workouts, challenges, and target training every day. Best of all—it's free! Or you can become a BodyRock Plus member to download workouts and bonus content in advance. Your body will never know what hit it, thanks to a wide variety of taxing HIIT and Tabata training programs—boost your butt, unearth those abs, and build sleeker legs in your living room. More than 844,000 YouTube subscribers agree: *BodyRock.TV* rocks!

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LOG ON: Free, bodyrock.tv





Trainer Bob Harper pushes you to the max on *DailyBurn Black Fire*.

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In a gym, in your living room, or outdoors you have the time—and now the moves—to squeeze fitness into your day. The trainers on this channel are also moms, businesswomen, and more who craft exercises for rapid abs, a firmer butt, and leaner thighs. Though the moves are not HIIT per se, more than 1.16 million subscribers regularly tune in for fresh, on-the-go toning.

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/// By Lindsey Emery ///



9

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2



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6



7



8

The Ultimate CrossFit Workout

Train for functional strength, and a killer bod will follow. **Camille Leblanc-Bazinet**—2014 winner of Reebok's CrossFit Games and crowned the Fittest Woman on Earth—shows you exactly how to get in the best shape of your life with some of her favorite CrossFit moves. Try them today and see how powerful you can feel!

BY CAT PERRY /
WORKOUT BY DAVE LIPSON /
PHOTOGRAPHS BY DUSTIN SNIPES /



1 | SNATCH

- Stand with feet hip-width apart, holding barbell wide with a hook grip (overhand, thumb wrapped around bar, grasping both thumb and bar) (A).
- With back flat, core tight, chest up, and weight on balls of feet, straighten knees and lift bar, initiating move from hips. When bar is midhigh, pull bar into body and jump, extending hips, knees, and ankles (B).
- With a big shoulder shrug, bring arms overhead while pulling yourself under to catch weight. Receive bar in overhead squat, arms locked (C).
- Drive through heels to return to standing, knees and hips fully locked out (D).



TIP → Make sure the move is one continuous pull from the ground to overhead; speed under bar is key.



NOTE FOR NEWBIES

Try a one-arm dumbbell snatch with a moderate weight before progressing to the barbell.

2 RING MUSCLE-UP

- Dead hang from the rings with elbows fully locked out. To initiate move, lean back and drive hips up (aka kipping your body) toward rings, until hips and legs are parallel to floor and hands are about level with navel (A). Keep hands close together and elbows in tight.
- Keeping rings as close to body as possible, drive elbows back, bending them 90 degrees, until body is positioned into the bottom of a ring dip, with legs forward (B).
- Straighten arms to lock out your elbows, lowering legs toward floor to complete the rep.
- Reverse the movement, bending elbows and swinging legs forward, then drop back down with arms extended and legs and hips swinging back behind you to get ready for your next rep (C).



NOTE FOR NEWBIES

Using a false grip on the rings (which places your wrist above the ring rather than below it) can help you get the mechanics down. Bring your wrist onto the ring, flexing hand toward your wrist so it's bent, not locked. Doing a jumping muscle-up can also help.

3 DEADLIFT

- Stand with feet hip-width apart, bending forward from hips and bending knees, with your hands outside your legs and bar lightly touching middle of shins. Keep shoulders slightly in front of the bar, back naturally arched and abs tight, with head in a neutral position (A).
- Drive through your heels as you stand up, keeping the bar in contact with your legs; maintain a strong lumbar curve.
- Finish the rep with hips and knees fully locked out and chest open (B).



4 | HANDSTAND PUSHUP

- Begin next to a wall with top of head touching the floor and hands slightly outside shoulders, palms down; or get in position over two dip bars placed side by side (as shown). Lift feet off floor, placing your heels on wall. Straighten arms and lift head, locking elbows; keep body straight.
- Bend elbows forward until head touches the target, then press up by extending your arm while keeping a hollow position (A).
- Press back up, extending arms and locking out elbows (B).

NOTE FOR NEWBIES

To modify this move, get in upside-down pike position, feet resting on a box and hands on the floor.

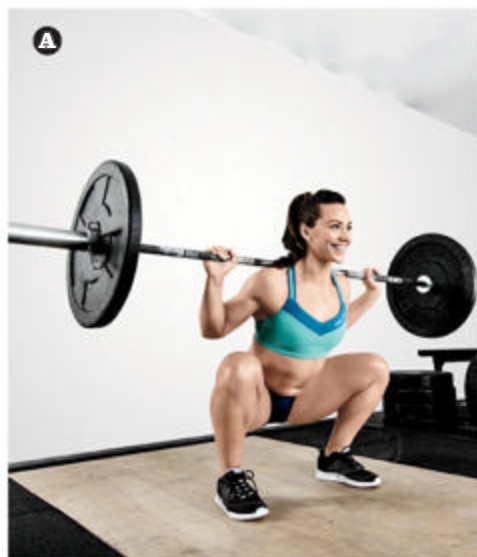


5 | BACK SQUAT

- Stand in front of a squat rack (not shown) with feet wider than hip width and toes slightly pointed out. Position yourself so barbell is just behind the neck, resting on or across the trapezius muscles.
- Grip the bar with elbows pulled in tight and pointed down. Set hips underneath shoulders. Make sure core is tight and stays so throughout the entire lift.
- To initiate movement, send your hips back and down while maintaining a good lumbar curve, with knees tracking over the toes. Descend until the hips are just below the knees (A).
- Pushing through your heels, drive your knees out and rise back to start, locking knees and hips at the top (B).

TIP

Think about pushing your knees out on the way up.



TIP

Taking a deep breath and tightening your core before you descend will create a “belly belt” and help keep your back in a safe position throughout the move.





6 SQUAT CLEAN & JERK

- Stand with feet hip-width apart. Grasp barbell on the floor in a hook grip, hands just outside shins, and shoulders at or just over the bar. Bend knees, keeping back flat, abs tight, chest up, and body weight over balls of your feet (**A**).
- Pushing through your heels, straighten legs as you lift the bar, allowing hips and shoulders to rise at the same rate.
- When barbell is midhigh, pull weight toward your body and jump up, extending hips, knees, and ankles (triple extension) (**B**).
- With a big shrug of the shoulders, bring elbows high and outside the bar, then back around while pulling yourself under the bar. Drop into a low quarter front squat, or just pulse knees (as shown), to receive the weight (**C**).
- Drive through the heels to return to standing position (**D**). The clean is completed when the knees and hips are fully locked out at the top.

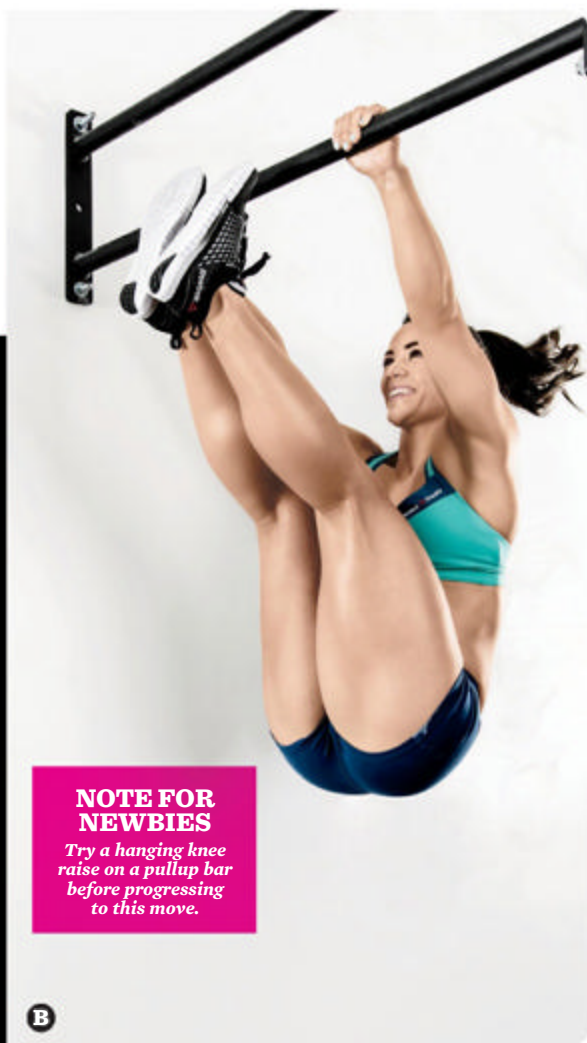
TIP → The power from this lift is initiated from your hips.





TOES TO BAR

- Jump into a dead hang from the bar, with hands in an overhand grip outside your shoulders. Keep arms and elbows locked out (A).
- Keeping the shoulders closed, elbows in, back flat, and legs straight, swing legs back and lift them until your toes touch the pullup bar, initiating the move with your core (B). Slowly return legs to start.



Camille Leblanc-Bazinet

Since joining CrossFit six years ago, Camille Leblanc-Bazinet started to erase her old standards of beauty. Early on, she realized that her true limits knew no bounds. That can-do attitude helped her win the 2014 World CrossFit title and redefine her sense of self.

The best CrossFit athletes give their heart and every inch of their soul to complete the “constantly varied functional movements performed at relatively high intensity” over and over again. As Leblanc-Bazinet discovered, CrossFit is what you want it to be—and you get out of it what you put in. Over the years, this 5'2" Quebecois powerhouse has

pushed her training to include running, Olympic lifting, weight training, swimming, skill sessions, gymnastics, sprinting, and more. Her athletic background includes gymnastics, soccer, volleyball, skiing, and rugby, but it's the work done every day that pushes her ahead. As she gets fitter, the gap between her weaknesses and strengths keeps shrinking.

Being in a room with the small-yet-towering CrossFit queen, you see her magnetism originates from her deep-set love of fitness and strength—and being exactly who she is to the core. Her bar keeps raising, too, and she's not waiting for the applause: She is training to qualify for the 2016

Olympics in weightlifting. And no matter whether she wins gold or goes home empty-handed, she will do everything in her power to succeed.

Win It!

Win Camille's favorite Reebok Nano 2.0 sneakers—you choose your color. Enter to win now at muscleandfitnesshers.com/!



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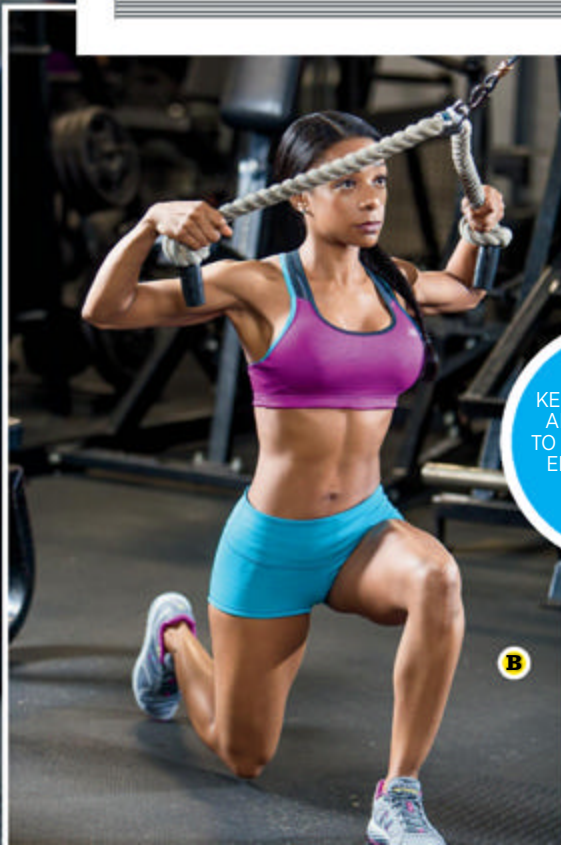
BY ALYSSA SHAFFER /// WORKOUT BY GINO CACCAVALE ///
PHOTOGRAPHS BY JAMES PATRICK /// PRODUCED BY TARA CANOVA



HIGH-ROPE LUNGING ROW

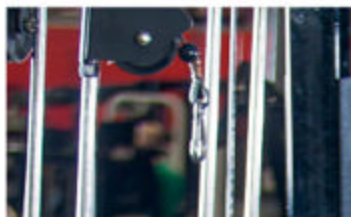
WORKS: *Shoulders, Back, Thighs*

- Stand in front of a cable pulley with the rope attachment above forehead level. Place your right foot about 2½ feet to the rear. Grasp rope with both hands, palms facing inward (A).
- Lower right knee to the floor while drawing elbows toward shoulders, pulling rope to eye level (B).
- Straighten legs and arms to return to start position.
- Perform two sets of 20/15 repetitions for each leg.



Tip:

KEEP YOUR UPPER ARMS PARALLEL TO THE FLOOR AND ELBOWS IN LINE WITH YOUR SHOULDERS.



SLEDGEHAMMER

WORKS: *Shoulders, Triceps, Legs*

- Stand with feet slightly wider than hip-distance apart, holding a single dumbbell with both hands, in front of thighs, palms facing inward.
- Squat down, keeping your eyes forward and dumbbell parallel to the floor (A).
- Stand up, lifting dumbbell overhead while keeping arms straight (B).
- Bend both elbows, lowering dumbbell toward the back of your neck (C). Hold for a one-count, then straighten arms so weight is above head.
- Keeping arms straight, return to squat, lowering dumbbell toward floor.
- Perform two sets of 20/15 chops.

Tip:

KEEP YOUR ARMS STRAIGHT AS YOU LOWER INTO SQUAT, AND STAND UP AS IF SWINGING A SLEDGEHAMMER.





Tip:
KEEP YOUR FRONT KNEE OVER YOUR ANKLE AND PUSH UP THROUGH YOUR FRONT LEG AS YOU RETURN TO STANDING POSITION.

CROSSBACK LUNGE WITH HIGH PULL

WORKS: *Shoulders, Hips, Glutes, Thighs*

- Stand with feet hip-width apart, holding kettlebell with both hands in front of thighs.
- Cross left leg behind right, bending both knees about 90 degrees; keep right shin perpendicular to floor. At the same time, lower kettlebell outside right foot (A).
- Return to starting position while pulling kettlebell to chest, raising elbows upward until slightly higher than shoulder level (B).
- Switch sides and repeat, crossing right foot behind left. That's one rep.
- Perform two sets of lunges for 15/12 repetitions.



SEATED PUSH-PULL

WORKS: *Shoulders, Back*

- Sit at a lat pulldown machine with your right hand grasping a single cable handle, arm extended. Hold a kettlebell in your left hand in rack position, keeping left elbow close to side and hand close to shoulder, palm facing in (A).
- Pull right arm down until fist is slightly above shoulder. At the same time, press kettlebell overhead, keeping weight in line with shoulder (B). Reverse movements and repeat.
- Perform two sets of push-pull with each arm for 15/12 reps.

Tip:
BE SURE NOT TO LOCK YOUR ELBOWS DURING THE MOVEMENTS.



SQUAT WITH HIGH-CABLE CURL

WORKS: *Biceps, Core, Legs*

- Stand with one leg on either side of long-range row bench, feet hip-width apart. Hold straight bar with an underhand grip, arms extended at shoulder height.
- Squat down until glutes tap bench, keeping arms straight (A).
- Rise up from squat while simultaneously curling bar toward forehead; keep upper arms parallel to floor (B).
- Perform two sets of 20/15 repetitions.



Tip:

KEEP YOUR ABS TIGHT AS YOU BRING BAR TOWARD YOUR FOREHEAD, PROVIDING SUPPORT THROUGHOUT THE MOVEMENT.



Tip:

KEEP YOUR BENT LEG ABOVE THE HIPS TO ENGAGE THE HAMSTRINGS AND GLUTES.

SCORPION PUSHUP

WORKS: *Chest, Core, Glutes, Hamstrings*

- Attach a five- to eight-pound ankle weight to left ankle and get into a pushup position, wrists directly under shoulders and legs extended, abs tight. Lift left leg until ankle is slightly above hip height (A).
- Perform pushup, bending elbows just past 90 degrees while curling left heel toward glutes. Keep left knee higher than right (B).
- Perform two sets of 20 pushups and curls with each leg.



Superfood Standouts

Loaded with key nutrients and bursting with flavor, each of these protein-packed, low-carb meals features powerful superfoods that rise above standard ingredients to give you added benefits that help both your body and mind

BY ELIZABETH M. WARD, M.S., R.D. /// PHOTOGRAPHS BY MOYA MCALLISTER
FOOD STYLING BY DANA BONAGURA

What elevates ordinary fare to superfood status? Almost all fresh fruit and vegetables and whole grains can claim their share of star nutrition power. But to us, the real standouts are those that offer a bigger bang for their caloric buck by fortifying your diet with extra vitamins, minerals, and phytonutrients. Our top superfood picks maximize nourishment while minimizing carbs as part of these nutritious and delicious dishes.



Baked Artichoke Hearts

Makes 4 servings

This hearty side dish pairs perfectly with chicken, pork, or beef. Even by itself, it's a vegetarian-friendly dish with 15 grams of protein and 9 grams of carbs, plus it's loaded with folate, calcium, and vitamin B12.

INGREDIENTS

- 3 large eggs
- ½ cup plain fat-free Greek yogurt
- ½ cup 1% low-fat milk
- 2 tsp mixed dried herbs, such as thyme, oregano, and parsley
- ½ cup grated Parmesan or Pecorino Romano cheese, divided
- 1 (15 oz) can artichoke hearts packed in water, drained

DIRECTIONS

- 1/ Preheat oven to 350° F. Coat a 2-quart baking dish with cooking spray.

- 2/ Place eggs, yogurt, milk, herbs, and ¼ cup cheese in an electric mixer bowl. Beat for 3 minutes on high. Add artichokes. Stir.
- 3/ Pour into baking dish. Bake for 20–25 minutes or until a knife inserted in the middle comes out clean. Sprinkle on remaining cheese. Serve warm.

PER SERVING

- Calories: 169
- Fat: 8g
- Saturated fat: 4g
- Carbs: 9g
- Fiber: 5g
- Protein: 15g

STAR POWER

Artichokes are chock-full of important antioxidants and other nutrients, from potassium and vitamins C and K to anti-inflammatory compounds such as silymarin.



Roasted Asparagus Soup with Pepita Gremolata

Makes 2 servings

Take the chill out of spring with this warm roasted asparagus soup. Bursting with freshness, it's got 18 grams of protein and 5 grams fiber, as well as more than one-third of the daily calcium necessary to keep your heart and muscles working perfectly. It's also made with two superfoods—pureed asparagus and the pepitas used as a garnish.

INGREDIENTS

- 3 cups raw asparagus, chopped into 2-inch pieces, woody ends removed
- 1½ tsp plus 1 tsp olive oil
- ½ tsp dried thyme leaves
- ¼ cup reduced-sodium chicken or vegetable broth
- 1 tbsp all-purpose flour
- 2 cups 1% low-fat milk

- ½ tsp salt
- 2 tbsp chopped flat-leaf parsley
- 2 tbsp roasted pepitas
- 1 clove garlic, minced (optional)
- 2 tsp grated lemon peel

DIRECTIONS

- 1/ Preheat oven to 400°F.
- 2/ Place asparagus in a medium mixing bowl. Add 1½ tsp olive oil and thyme. Toss to coat asparagus. Place asparagus on a baking sheet. Roast until fork-tender, about 7–10 minutes. Cool for 5 minutes.
- 3/ Place asparagus mixture in a food processor with broth. Blend until smooth, about 1–2 minutes.
- 4/ Place flour in a medium saucepan. Gradually add milk, stirring with a whisk until blended. Add pureed asparagus and stir to combine. Bring to a boil. Reduce heat. Simmer for 5 minutes, stirring constantly. Remove from heat. Stir in salt.
- 5/ To make the gremolata, combine parsley, 1 tsp of olive oil, pepitas, garlic, and lemon

peel in a small bowl. Toss to combine.
6/ To serve, divide soup equally between two bowls. Top with equal amounts of gremolata.

PER SERVING

- Calories: 269
- Fat: 14g
- Saturated fat: 4g
- Carbs: 23g
- Fiber: 5g
- Protein: 18g

STAR POWER

Pepitas (roasted pumpkin seeds) pack in protein plus powerful minerals such as manganese, phosphorus, magnesium, copper, zinc, and iron.

Asparagus delivers more than 10% of your daily needs for 15 vitamins and minerals.





Seared Wild Salmon with Mango Salsa

Makes 2 servings

Not all superfoods are plant-based. Many types of fish are also considered nutrition powerhouses, especially deep-sea dwellers like salmon. This pan-seared version is topped with a zesty salsa that's also rich in nutrients. The mango salsa recipe serves four; use the extra for a snack or to use with another dish such as grilled chicken or in a salad.

INGREDIENTS

- 1 tsp olive oil, divided
- 12 oz wild salmon fillet, trimmed of skin
- ¼ tsp sea salt
- ¼ tsp fresh ground black pepper

SALSA:

- 1 ripe mango, cut into ¼-inch pieces
- ½ cup red onion, diced
- 1 tbsp lime juice
- ½ cup fresh cilantro, chopped
- 1 jalapeño pepper, sliced (optional)
- ¼ tsp salt

DIRECTIONS

- 1/ Heat ½ tsp olive oil in a medium skillet over medium-high heat.
- 2/ Pat both sides of salmon dry with a paper towel. Season one side of fish with half the salt and pepper and place fish, seasoned side down, in the pan. Season the other side of fish with remaining salt and pepper.
- 3/ When salmon is about halfway cooked, as viewed from the side, add remaining olive oil to the pan. Flip fish and cook for another 3–4 minutes, or until the thickest part of fish is firm.
- 4/ Combine all ingredients for salsa in a medium bowl.
- 5/ Plate fish and top with salsa.



PER SERVING (SALMON)

- Calories: 349
- Fat: 18g
- Saturated fat: 3g
- Carbs: 0g
- Fiber: 0g
- Protein: 43g

PERSERVING (SALSA)

- Calories: 34
- Fat: 0g
- Carbs: 9g
- Fiber: 1g
- Protein: 0g

STAR POWER

Salmon is one of the best protein and omega-3 sources going. If you can, choose wild salmon, which has a third of the calories, half the fat, and nearly double the iron and zinc of its farmed counterpart. However, farmed salmon has slightly more omega-3 fats to fight inflammation.

Warm Freekah Salad with Chicken and Vegetables

Makes 4 servings

This easy weeknight dinner supplies valine, leucine, and isoleucine—branched-chain amino acids that stimulate protein building in muscle and reduce tissue breakdown. The vegetables do more than beautify this dish—they also supply energy-producing and disease-fighting nutrients.

INGREDIENTS

- 1 cup freekah, uncooked
- 2½ cups reduced-sodium chicken or vegetable broth
- 2 tsp plus 2 tbsp olive oil
- 2 carrots, julienned
- 3 cups baby spinach
- ½ cup shiitake mushrooms, sliced or whole
- ½ cup red peppers, sliced
- 3 cloves garlic, diced
- 1 tsp dried thyme leaves
- 2 medium cooked beets, chopped into ¼-inch pieces
- 2 cups cooked skinless chicken breast, shredded
- 3 tbsp lemon juice
- ¼ tsp fresh ground black pepper, or more if desired

DIRECTIONS

- 1/ Place freekah and broth in a medium saucepan. Cover and bring to a boil, then reduce heat and simmer for 20–25 minutes. Reserve.
- 2/ While freekah is cooking, place 2 tsp olive oil in a large saucepan over medium-high heat. Add carrots and sauté until soft, about 5 minutes. Add spinach, mushrooms, peppers, and garlic to the pan and cook, tossing, until spinach is wilted. Add thyme and beets and sauté for another 1–2 minutes, or until beets are warm.
- 3/ Drain any liquid from freekah and place in a large serving bowl. Add chicken and toss.
- 4/ In a small bowl, combine 2 tbsp olive oil, lemon juice, and black pepper. Whisk until well combined. Add dressing to freekah mixture and combine. To serve, top freekah and chicken with vegetable mixture.

PER SERVING

- Calories: 292
- Fat: 4g
- Saturated fat: 1g
- Carbs: 35g
- Fiber: 6g
- Protein: 31g

STAR POWER

Freekeh is an ancient whole grain filled with protein (up to 12 grams per half cup), plus it has three times the fiber of brown rice. It's also a good source of prebiotics, ingredients that boost healthy bacteria in the digestive tract.



STAR POWER

Kefir, a fermented dairy product, is similar to drinkable yogurt but contains a broader range of gut-friendly probiotics. Tiny **chia seeds** are loaded with protein, fiber, iron, calcium, magnesium, zinc, antioxidants, and omega-3 fats.

Strawberry Kefir Chia Pudding

Makes 2 servings

Dessert doesn't have to be a cheat! This pudding has two key superfoods: kefir and chia seeds. Together, they help provide 38% of your daily value for calcium, plus 10 grams of protein, 9 grams of fiber, and more than 3 grams of omega-3 fats. But, really, you'll be too busy enjoying the delicious taste to be thinking about how good it is for you.

INGREDIENTS

- 1 cup fresh or frozen whole strawberries
- 1 cup kefir
- 1 tbsp honey
- ½ cup 1% low-fat milk
- 5 tbsp chia seeds

DIRECTIONS

- 1/ Place strawberries, kefir, and honey in a blender or food processor and blend on high until smooth, about 2 minutes.
- 2/ In a medium bowl, combine milk and chia seeds. Add strawberry mixture.
- 3/ Cover and refrigerate for at least 8 hours before serving.

PER SERVING

- Calories: 248
- Fat: 11g
- Saturated fat: 3g
- Carbs: 32g
- Fiber: 9g
- Protein: 10g

The DIET DUEL

Want to know the latest kitchen secrets to help you lose weight—and keep it off? *Hers* gives you the skinny on three popular nutrition programs.

BY SOMMER ROBERTSON-ABIAD

VENTURE INTO ANY FITNESS CENTER, YOGA studio, or CrossFit box in America, and you're bound to hear a different buzzword each month about the hottest new way to diet, much of which is bizarre, and some downright dangerous. In fact, there's no shortage of advice on what to eat and what to avoid, which can make it challenging to navigate the seemingly endless opinions on which approach is best. With so much conflicting advice, it's no wonder many women begin feeling discouraged before they have even started.

So what is the best way to eat if you want to get (and stay) slim in a healthy way? The key is to find balance. It's never a good idea to completely eliminate any of the macronutrients (protein, carbs, and fat) from your diet. By ditching entire

food groups, you're prone to serious nutritional shortfalls. Carbs, for instance, fuel your brain and muscles, both of which primarily use glucose (a simpler form of carbohydrate) as their energy source. Fat, another major fuel source for your body, has multiple functions, such as helping your body use fat-soluble vitamins, regulating inflammatory processes and responses, and helping hormone production.

By smartly manipulating your macronutrient intake, you can coax your body into burning calories and body fat more efficiently. We've got the lowdown on three such popular approaches to weight loss: carb backloading, If It Fits Your Macros (IIFYM), and carb cycling. Read on to see which one best suits your lifestyle and can help you reach your better-body goals.



Messing Around

Manipulating your
carbs can yield big
payoffs in fat loss.

Carb Backloading

Developed by John Kiefer, a physicist turned nutritionist, the carb backloading method makes dieting dead easy. It entails consuming proteins and fats throughout the day, then “carb-ing up” later in the day, often with fast-digesting carb sources such as cake (yes, cake!) in order to blast fat. The premise: When the body has few carbs throughout the day, the amount of glucose in the bloodstream is limited, so your body will draw on its fat stores for fuel.

At first glance, it seems a little reminiscent of the Hollywood Cookie Diet—you know, the one in which you eat four cookies per day and only one healthy meal? (Yeah, we must have missed that one, too!) But rather than starve your body of all nutrients except sugar for hours on end, the carb backloading approach takes advantage of the natural daily fluctuations in insulin sensitivity.

Research shows that insulin sensitivity is higher in the morning than in the evening, which means both muscle and fat cells are more receptive to carbs (glucose) earlier in

KEYS TO CARB BACKLOADING

PROTEIN

1.8 / 1
gram of protein / pound of body weight

CARBS

ON TRAINING DAYS

1–2 / 1.25
grams of carbs / pound of body weight

(for a 140-pound woman, that's 50–150 grams)

FOR MAXIMUM FAT LOSS, keep carb intake closer to 1 gram per pound of body weight

CARBS

ON NONTRAINING DAYS

30
grams or less daily

FAT

NO
limitations

the day. When you eat any carbs, either sugar or starch, your pancreas releases insulin to help your body utilize them. If you've just finished a workout, the insulin will help quickly shuttle the carbs plus the other nutrients you consume to your muscles to help repair and rebuild the tissue. Earlier in the day, the insulin will typically cause those carbs to become stored as fat. But if you steer clear of carbs as a fuel source throughout most of the day, blood-sugar levels remain low, so your body will burn more fat for fuel. Kiefer asserts that manipulating this effect is the key to burning fat while also creating an environment that's conducive to muscle growth.

HOW IT WORKS: Upon waking in the morning, your body is in a powerful fat-burning mode. Eating can cause you to switch gears into a fat-gaining mode, proponents of the plan maintain. So skip this meal, fasting for at least two hours in the a.m. Contrary to popular belief, eating breakfast every morning does not give you a fat-burning edge. In fact, researchers from the University of Bath in the U.K. found no increase in resting metabolic rates of breakfast eaters compared with those of people who fasted every morning over a period of six weeks. And skipping breakfast didn't prompt gorging later in the day, either.

Starting midmorning, Kiefer says to eat lightly, consuming only protein and fats for the majority of the day. Because you're eating little to no carbs, there will not be much glucose in the bloodstream, so your body will draw on its fat stores for fuel. Then, after your evening workout (5 p.m. or later), begin consuming carbs in a post-workout meal; continue loading up on carbs throughout the evening. Choose fast-digesting carbs such as white rice, white potatoes, yams, sweet potatoes, and corn. Even sugar-laden junk foods such as cookies and ice cream are OK in moderation, say some fans of the diet.

“With weight training, muscle cells release glycogen [the stored form of glucose] for fuel,” explains Sara Fennell, a contest-prep coach and IFBB figure pro. “This causes glucose receptors to rise to the surface of the cell's membrane and become very sensitive, looking for, and wanting, more glucose, so you can consume carbs without gaining fat.” Fennell follows up her workouts with a piece of cake and says that carb backloading was key to her success at the 2014 IFBB North American Championships, in which she earned her pro card—and achieved her leanest physique yet.



If It Fits Your Macros (IIFYM)

It sounds too good to be true: Eat what you want, when you want, and still lose weight. But according to the If It Fits Your Macros (IIFYM) diet, the key to weight loss is not about the types of foods you consume but rather the amount of calories you are consuming—and burning off. It's based on the calories-in-versus-calories-out principle, which Joe Klemczewski, Ph.D., president of *thediетdoc.com*, says is the most important variable in weight loss.

A calorie is a calorie—whether the calorie comes from an apple or a piece of chocolate cake, it is essentially equal, according to this nutrition program. “If you put a lower-octane fuel in your car or the highest, a gallon of gas is still a gallon of gas,” Klemczewski explains. “There are other variables you should consider

KEYS TO
IIFYM

PROTEIN

at least

1
gram of
protein

1
pound of
body weight

FAT

.35
grams of
fat

1
pound of
body weight

(for a 140-pound
woman, that's roughly
49 grams)

FIBER

20–25
grams of fiber daily

CARBS

Remaining calories
will come from
carb intake



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when dieting—glycemic index, ratios of macronutrients, meal formatting, and timing—but nothing comes close to quantity [of calories] as the hinge point of success.” The foundation of IIFYM successful weight loss is based on a simple equation: You must burn more calories than you consume.

Calories fuel your every action, from fidgeting at your desk to squatting in the gym. While the IIFYM approach sounds simple, flexible, and relatively easy to follow, Klemczewski says there are some cautions. Technically, you can hit your daily target eating nothing but Twinkies, but you’ll optimize fat loss and lean muscle gains by fueling up with the right foods—a balanced intake of protein, (complex) carbs, and healthy fats. “Eating a bunch of junk just because ‘it fits your macros’ misses the entire point of flexible dieting,” Klemczewski says. “Flexible dieting is based on research that shows meal timing, spacing, and even food sources have little impact on results compared with overall calorie and macronutrient intake levels.”

Still, Klemczewski says there are some “gray area” foods that are OK to consume in small amounts and at specific times. One such food is sugar, which is particularly beneficial pre- and post-workout. The IIFYM approach promotes controlled intake in order to prevent uncontrolled binge eating, a common pitfall for most dieters. “The research shows that people are far more successful long term when they don’t restrict themselves from entire food categories or if they allow for periodic indulgences through the dieting process,” Klemczewski explains.

HOW IT WORKS: To get the most out of IIFYM, maintain a balanced, healthy diet. To properly count calories, you’ll first have to calculate your basal metabolic rate (BMR). This is the amount of energy you expend each day while at rest. You can calculate your BMR online at websites such as *iifym.com*, or you can do the math yourself. The BMR formula for women is $655.1 + (4.35 \times \text{your weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$.

Combine your BMR with the number of calories you burn from exercise to get your average total daily energy expenditure (TDEE). This is the number of calories you need each day to maintain your current weight. If your goal is to lose weight, aim to consume approximately 15% fewer calories from your TDEE. (You can also calculate your TDEE at *iifym.com*.)

KEYS TO CARB CYCLING

ON LOW-CARB DAYS

CARBS

2–5 / 1
grams of carbs / pound of body weight
(for a 140-pound woman, that’s roughly 28–70 grams)

PROTEIN

1.2 / 1
grams of protein / pound of body weight

FAT

.5 / 1
grams of fat / pound of body weight

ON HIGH-CARB DAYS

CARBS

1–1.5 / 1
grams of carbs / pound of body weight
(for a 140-pound woman, that’s roughly 140–210 grams)

PROTEIN

1.4 / 1
grams of protein / pound of body weight

FAT

2–3 / 1
grams of fat / pound of body weight

Carb Cycling

If you want to lose weight, following a low-carb diet can yield better results than following a low-fat diet, according to numerous research studies. One recent study from the *Annals of Internal Medicine* found subjects who followed a low-carb diet lost more weight and body fat compared with those who followed a low-fat plan. Carb cycling is essentially a low-carb diet with intermittent higher-carb days (called refeeds) to help boost fat burning and muscle building and allow for better recovery.

“The idea behind carb cycling is to use fat as the primary fuel source on lower-carb days, which in turn promotes fat loss,” says Linda Stephens, a nutritionist and IFBB figure pro. “On higher-carb days you replenish muscle glycogen stores, which fuels your muscles for tougher workouts.” Giving your body an excess of carbs on high-carb days also promotes a favorable environment for maintaining (and building) muscle. Stephens says the brief, periodic carb (and calorie) surpluses after a period of low-carb intake give your metabolism a boost, which means you’ll burn more fat.

HOW IT WORKS: While there are varying approaches to carb cycling, the most common is a three- to four-day period in which you consume fewer carbs, followed by a day of high-carb intake, a cycle that you then repeat. “You can always tweak your macronutrient intake based on how you feel and look and your activity level,” Stephens says. Fat intake is inversely related to the carbs you consume, so on days when carbs are high, your fat will be low, and vice versa. Protein intake will remain fairly steady throughout.



CORBIS (4)

Our 15 Favorite FAT-BURNING FOODS

No matter which diet plan you follow, these foods can help you slim down while fueling you for exercise or recovery



ALMONDS
EGGS
LEAN MEATS
(turkey, chicken, beef)
FATTY FISH
(salmon, mackerel, tuna)
GRAPEFRUIT
CHILI PEPPER
NONSTARCHY VEGETABLES
(cucumbers, celery, broccoli)

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A full-page photograph of two women in athletic wear in a starting crouch in a gym. The woman in the foreground is wearing a teal tank top and striped shorts, looking intensely at the camera. The woman behind her is wearing a black tank top and is also in a crouch. A weight plate is visible on the floor in the background.

HIT IT HARD

These **11** high-intensity interval workouts are designed to **whip you into shape** while boosting your fitness and health in as **little as 10 minutes**

BY CAREY ROSSI ///

Who doesn't want to get more for less? That's the beauty of high-intensity interval training (HIIT), a proven training method that's become a workout staple for fitness enthusiasts everywhere. Most HIIT workouts are a combination of short, all-out bursts of intensity followed by some much-needed catch-your-breath recovery periods. "A HIIT workout is typically done with interval bursts at 90–95% of max heart rate for no more than 60 seconds," says Michele Olson, Ph.D., an exercise physiologist at Auburn University-Montgomery. The payoff: "You'll get about the same fitness benefits in 10 minutes as you would jogging for a half hour."

One reason HIIT workouts are so popular is their surefire success. And a slimmer physique isn't your only reward. Multiple studies show significant training benefits that range from improving aerobic fitness to a bigger afterburn effect. A study published last year in the journal *PLOS One* found that those who did HIIT workouts three times a week showed an 11% increase in aerobic training. Research also shows regular HIIT workouts can improve blood pressure, insulin sensitivity, and cholesterol profiles.

Because HIIT workouts are meant to be supertough, experts caution that you should allow at least 24 hours to recover and do them no more than three times a week. Greater frequency can lead to overtraining and hamper your recovery and your fitness gains. Also, make sure to warm up with at least five to 10 minutes of moderate, dynamic movement before you go full throttle.

Luckily, there are few limits to where, when, and how you incorporate HIIT workouts. You can do them on the treadmill, bike, or stepper, by running outside, or by simply creating your own circuit. Here are 11 of our favorite HIIT workouts from top trainers and pros. Add them to your arsenal to boost your fitness, burn fat, and feel fabulous!

LADDER

Time: 16 minutes

Dallas-based athletic trainer **Kim Truman** has put together this gradual interval program that builds up your aerobic capacity.

- **JOG** for 30 seconds at 70% of your maximum heart rate (or 7 on a scale of 1 to 10).
REST by stepping onto the side panels and standing for 30 seconds.
- **RUN** for 30 seconds at 80% of your MHR (or 8 out of 10).
REST by stepping onto the side panels and standing for 30 seconds.
- **SPRINT** for 30 seconds at 90% of your MHR (or 9 out of 10).
REST by stepping onto the side panels and standing for 30 seconds.
- **SPRINT** for 30 seconds at 100% of your MHR (10 out of 10).
REST by stepping onto the side panels and standing for 30 seconds.

Repeat this circuit 3 more times

TREADMILL HOP

Time: 20 minutes

This total-body workout from **Felicia Romero**, an Arizona-based IFBB figure pro, gets your heart rate soaring with a variety of high-intensity body-weight moves plus treadmill speed bursts.

ON THE TREADMILL:

Walk at a 5% incline (1 minute)
Sprint (30 seconds)
Repeat 5 times

OFF THE TREADMILL:

Do each exercise back-to-back,
15 reps each, no rest

Jump squat
Burpee
Pushup

ON THE TREADMILL:

Walk at a 5% incline (1 minute)
Sprint (30 seconds)
Repeat 5 times

OFF THE TREADMILL:

Do each exercise back-to-back,
15 reps each, no rest

Jump squat
Jumping lunge
Plyo pushup



Treadmill TONE-UPS (CONT'D)

360-DEGREE LEGS

Time: 20 minutes

Darlene Kalina Salvador, a personal trainer in Redondo Beach, CA, likes this treadmill circuit to target legs and glutes. Try using 15- to 30-pound dumbbells. Hop off for the lunges, slowing the treadmill speed to 1-2 mph before getting off.

Time	Exercise	Speed/ Description
5 min.	TREADMILL WALK	3-4 mph
50 sec.	SPRINT	6-9 mph
1 min.	WALKING LUNGE	10-20 steps (off treadmill) with weights
50 sec.	SPRINT	6-9 mph
1 min.	WALKING LUNGE WITH GLUTE LIFT	10-20 steps with weights
50 sec.	SIDE SHUFFLE (RIGHT SIDE)	3-4 mph
1 min.	SIDE LUNGE WITH DUMBBELL (RIGHT)	10-15 reps
50 sec.	SIDE SHUFFLE (LEFT SIDE)	3-4 mph
1 min.	SIDE LUNGE WITH DUMBBELL (LEFT)	10-15 reps
50 sec.	SPRINT	6-9 mph
5 min	TREADMILL WALK	3-4 mph

Plyo Box BLASTERS

BUMPED-UP BURPEE

Time: 16 minutes

As if your burpees needed a boost in intensity, to make them even more challenging, try performing them on a box, suggests *Salvador*. Start with a dynamic warmup of squat lunges and calf stretches, then finish your workout by stretching your quads and hamstrings.

BURPEE BOX JUMP

Stand with a box in front of you. Do a burpee: Squat, placing hands on floor; jump feet behind you; jump feet back to squat, then jump on top of the box. Step down; repeat for 1 minute.

REST FOR 1 MINUTE

Repeat 8 times

QUICK BOX

Time: 20 minutes

Angeles Burke, a Florida-based IFBB bikini pro and director of fitness and wellness at Celsius, Inc., uses a low box or workout bench for this routine. Do each exercise for 1 minute, and follow it with 1 minute of rest.

1. BOX JUMP
2. STEP UP/STEP DOWN INTO LUNGE (RIGHT SIDE)
3. STEP UP/STEP DOWN INTO LUNGE (LEFT SIDE)
4. HANDS-ON-BOX MOUNTAIN CLIMBER
5. STRADDLE BOX-SQUAT JUMP (straddle a low box; jump, landing with both feet on box; jump back to squat on floor.)
6. HANDS-ON-BOX HOP-OVER
7. BOX TOE-TAP
8. HANDS-ON-BOX MOUNTAIN CLIMBER
9. BURPEE BOX JUMP
10. OVER-THE-BOX SHUFFLE



LOWER-BODY BOX

Time: 15 minutes

Salvador suggests using a low to medium box for this plyometric workout. Use it to help improve power and explosiveness for better performance in the gym or sports.

Time	Exercise
1 minute	BOX JUMP Stand in front of the box with feet shoulder-width apart. Bend knees and lower hips back and down into a short squat. Jump forward and up on top of box. Jump back down lightly, keeping knees and hips slightly bent. Repeat.
30 seconds	REST
1 minute	BOX TOE-TAP Stand behind the box. Lift leg and tap the top of the box with your foot. Jump and switch to tap the opposite foot on top of the box. Continue, alternating sides.
30 seconds	REST
1 minute	EXPLOSIVE BULGARIAN SPLIT SQUAT Stand with box behind you. Extend right leg, placing top of right foot on the box. Bend left knee 90 degrees, then do a small hop with left leg, landing softly and keeping your right foot planted on the box and right knee slightly bent. Continue to squat and hop with the left leg for 30 seconds. Switch legs and repeat.

Repeat this series 2 more times

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Body Weight BURNS

BODY WEIGHT 40/20

Time: 21 minutes

Patricia Friberg, creator of the Belly Beautiful Workout, uses the proven 2-to-1 work-rest ratio for this body-weight-based routine. Do each high-intensity movement for 40 seconds, followed by 20 seconds of easy strength moves. Each round lasts 7 minutes; do them 3 times through.

Time	Exercise
40 seconds	SQUAT TUCK JUMP Squat, then explode into a jump, hugging knees.
20 seconds	SQUAT Low intensity for recovery.
40 seconds	DYNAMIC SKATER Squat low as you hop out to the side with the opposite arm reaching toward the opposite foot, rotating through the torso. Hop side to side and swing arms accordingly.
20 seconds	STEP TOUCH Low intensity for recovery.
40 seconds	SCISSOR LUNGE Lunge, then jump up, switching legs in the air.
20 seconds	REVERSE LUNGE Low intensity for recovery.

Time	Exercise
40 seconds	MOUNTAIN CLIMBER WITH SIDE VARIATION Alternate bringing one knee in toward chest; alternate opening the knee out to the side toward the shoulder. Example: right knee center, left knee center, right leg side, left leg side.
20 seconds	PLANK Hold for 20 seconds.
40 seconds	CRAWLING FORWARD AND REVERSE Crawl forward and back on all fours with your knees off the floor.
20 seconds	BIRD DOG Kneel on all fours, then raise opposite arm and lift opposite leg.
2 minutes	REST

PERFECT 10

Time: 15 minutes

Cindy Whitmarsh, president of San Diego-based Ultrafit Nutrition Systems, has designed this workout made up of 10 high-octane moves. Each exercise is performed for 1 minute with 30 seconds of rest between each.

1. HIGH KNEES
2. BURPEE SHOULDER PRESS
3. MOUNTAIN CLIMBER
4. WALKING LUNGE WITH LATERAL SHOULDER RAISE
5. TWISTED MOUNTAIN CLIMBER, BRINGING LEG TO OPPOSITE SHOULDER
6. TRICEPS DIP WITH ALTERNATING LEG LIFT
7. JUMPING JACK
8. REVERSE LUNGE WITH BICEPS CURL
9. JUMP SQUAT
10. BICYCLE AB CRUNCH

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Body Weight BURNS (CONT'D)

LOWER-BODY BARRE HIIT

Time: 10 minutes

Use this combination of barre, strength, and cardio moves designed by BarreAmped creator **Suzanne Bowen** to challenge your core and lower body.

Minute Exercise

- 1 **JOG**
Warm up.
- 2 **PLIÉ SQUAT PULSE**
Stand in a plié position, toes turned out. Bend knees, doing small pulses. Stay low and make sure not to let knees pass toes.
- 3 **PLIÉ SQUAT HOP**
From the plié squat, lightly jump off the floor, straightening legs in the air.
- 4 **PLIÉ SQUAT PULSE**
Repeat pulses above.
- 5 **PLIÉ SQUAT HOP**
From the plié squat, lightly jump off the floor, straightening legs in the air.
- 6 **SIDE LUNGE**
Step right foot out to a side lunge, and lift right heel for a challenge. Keep left toes and leg facing forward. Do small pulses with right leg for 1 minute.
- 7 **PLIÉ SQUAT HOP**
From the plié squat, lightly jump off the floor.
- 8 **SIDE LUNGE**
Repeat side lunge, this time stepping to left and pulsing with left leg.
- 9–10 **SIDE LUNGE KNEE-UP**
Step to right, squatting back into your right hip. Reach arms down toward right toes, keeping back straight. Extend arms up, pushing off right leg and lifting right foot, balancing on left leg. Raise right knee up and forward, resting your right foot next to your left knee, toes pointed. Then lower down back to the side-lunge position. Repeat for 1 minute; switch sides and repeat for another minute.



Free Weight FIRE-UPS

MANMAKERS

Time: 18 minutes

Eric Salvador, lead instructor at New York City's HIIT-focused studio the Fhitting Room, uses manmakers to target all the major muscles in a short amount of time.

Move seamlessly into each exercise, holding on to a pair of light dumbbells the entire time.

MANMAKER SERIES:

- A. Start in a pushup position with a flat back, holding a dumbbell in each hand on the floor, palms facing in. Do one pushup. Holding full-plank position, row one dumbbell up to your side; lower and repeat with opposite arm. Return to full plank, then jump feet forward and move into the bottom of a squat.
- B. From the squat, stand up holding dumbbells at your sides. Hammer curl weights to shoulders (thumbs pointing up) and explosively drive weights overhead, keeping palms facing in until arms are fully extended with biceps by the ears. That's one rep.

THE WORKOUT:

1 minute	MANMAKER
1 minute	REST
30 seconds	JUMPING LUNGE
30 seconds	REST

Repeat this combination 6 times

WHOLE-BODY DUMBBELL HIIT

Time: 30 minutes

Eric Salvador uses this 5-round HIIT routine to target all the body's muscles in 30 minutes. Tight on time? Shorten the workout by doing fewer rounds.

THE WORKOUT

1 minute	BURPEE
1 minute	REST
30 seconds each side	DB LUNGE W/ CURL AND PRESS
1 minute	REST
1 minute	WEIGHTED SITUP W/DB
1 minute	REST

Repeat this circuit 5 times

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—Shannon Petralito, ISSA CFT, SFN
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10 Proven Metabolism Boosters

one

MOVE MORE (ALL DAY LONG!).

Your metabolic rate (how fast you burn calories) naturally slows when you're resting or sleeping and spikes when you're up and about, especially during your workouts, notes Michele Olson, Ph.D., a principal researcher at the Auburn University Montgomery Scharff-Olson Kinesiology Laboratory, who has studied metabolism at length.

But don't count on your workout alone to keep your metabolism humming on high. If you're seated at a desk for most of the day, your burn rate can slip into slow-mo. "A desk job is the metabolic equivalent of sleeping all day," Olson says. The more you get up and move about, the more calories you'll

expend and the higher your metabolic rate. Try taking walking breaks every hour or do 20 jumping jacks every 20 minutes. (Close your office door if you're lucky to have one or use the stairwell in your building.) Or download StandApp (iTunes), a 99-cent app that not only reminds you to get up at least every hour but also provides 30 office-friendly exercises you can do right at your desk. To take it to the next level, invest in a standing desk such as the UpDesk CrankUp (\$99, myupdesk.com) or the VariDesk Pro (\$300, varidesk.com)—you burn about 28% more calories working while you're standing than when seated.

2

DON'T STARVE YOURSELF.

Cutting too many calories from your diet can screw up your body's ability to burn fat more efficiently. That's because your brain actually uses your satiety and fullness cues to turn your white blubbery fat into metabolically active brown fat, according to a recent study on mice in the journal *Cell*. When you're hungry, your brain tells your body to hold on to its white fat cells as a protection against cold and famine. In general, don't allow your calories to fall below 1,200, but that number can vary depending on your size and activity. Calculate your basal metabolic rate (the number of calories your body needs to survive) at bmrcalculator.org.

Don't let a sluggish metabolism slow you down or hamper your results. Some simple tweaks to your training, diet, and lifestyle can help you burn more calories all day (and night) and maximize your efforts. Read on for some of our favorite research-proven strategies.

/// BY CAREY ROSSI ///

3

TAKE ON TABATA.

Tabata intervals typically consist of 20 seconds of an intense exercise (such as squat jumps) followed by a 10-second break, repeated eight times through. This supramaximal anaerobic training method burns about 13.5 calories per minute, according to research done by Olson, plus it doubles your metabolic rate for 30 minutes afterward. The key is to find an activity that uses a large percentage of your muscle groups, such as your back, chest, glutes, and legs. Think burpees, squats, or mountain climbers, or try cardio faves such as swimming, cycling bursts, or running sprints.





six

GO FOR THE AFTERBURN.

In addition to Tabata, other high-intensity interval training (HIIT) routines can also help significantly increase your burn rate. “HIIT is a great metabolism booster because it can be done in short sessions but gives a long-term burn,” Prisk notes. That’s because your body has to work harder both during the exercise and also to recover back to its resting state. The more intense the exercise, the more your body needs to recover, which translates to more calories burned after you stop, he adds. Find 11 of our favorite HIIT workouts for the gym or home on page 76.

four

POWER UP WITH PROTEIN.

The macronutrient does more than just play a role in building muscle. It also helps keep you full by suppressing ghrelin (the hunger hormone) while optimizing leptin (the satiety hormone) and insulin, says nutritionist JJ Virgin, author of *The Sugar Impact Diet*. Plus, the very process of digesting protein gives your body a little metabolic boost, because your body has to expend more calories to break it down than it would digesting carbs or fat. Aim for four to six ounces of quality protein at every meal, such as grass-fed beef, poultry, fish, eggs, legumes, or nuts.



SPICE THINGS UP.

Cayenne peppers, a spice rack mainstay, is also a metabolism booster. “The capsaicinoids from pepper extracts increase thermogenic energy expenditure, increase fat oxidation, and reduce appetite,” explains Victor R. Prisk, M.D., an orthopedic surgeon and member of the GNC Medical Advisory Board. Researchers also speculate that the spices help activate brown fat, speeding up metabolism, according to a 2014 scientific review published in the journal *Progress in Drug Research*.



EMBRACE THE COLD.

Don’t let chilly spring temps keep you from your favorite run—the cold can actually work for you when it comes to boosting metabolism. “Exercising in the cold burns more calories, especially if you’re shivering, which increases the metabolic rate,” Olson says. In addition, cold temperatures initiate an immune response in the body that makes it convert your white, cellulite-like fat into more metabolically active brown fat, according to research from the University of California at San Francisco.



LIFT WEIGHTS.

We know you're already doing this, but keep it up. "Muscle is metabolic currency, and building muscle helps boost your metabolism," Prisk says. Consider this: If you increase your muscle mass by 20%, you'll increase your resting metabolic rate by 4–5%. That's approximately an additional 65 calories a day (based on a 30-year-old woman who weighs 135 pounds and is 5'4").

One way to make sure you're adding more lean muscle is to play around

with your exercise schedule, notes Prisk. "Studies suggest that the order of your cardio and weights can make a difference in how much muscle you retain from your training." While muscle growth adaptations are often best retained when you follow cardio with weight training, it's not a hard-and-fast rule. "If you plan to lift heavy, then it doesn't make sense to pre-exhaust yourself with cardio first," he adds.

"I suggest changing it up. Try mixing cardio into circuits one day and increasing your weight-training pace to bump up your heart rate on your next session."

And don't be afraid to pick up a bigger weight off the rack. In general, lighter weights may help increase muscular endurance, but they don't do much to stimulate muscle growth. The best way to do that is to lift loads that exhaust your muscles during the final few reps.

nine

STAY IN YOUR SWEET SPOT.

Your body primarily gets its energy to function from two main fuel sources: glucose and body fat. It goes through glucose first, since that's a quick and easy energy source. It keeps burning some level of carbs but then also turns to fat stores for fuel. But when you eat too much sugar, your systems start to go haywire, says Virgin.

"Your body begins to rely on a steady supply of sugar for energy," she notes. "It starts to crave more and more sugar as a primary source of fuel and becomes less reliant on fat stores." Ultimately, she adds, this works to slow your overall metabolism.

ten

DON'T SKIMP ON SLEEP.

Getting enough shut-eye does more than just help you stay awake, alert, and energized

throughout the day—it can also keep your metabolism in a healthy state. According to a 2011 study published in the *Journal of Clinical Investigations*, when we disrupt our circadian rhythms, either with jet lag or a lack of sleep, our bodies experience a disruption in our metabolic processes on both a hormonal and cellular level. To make sure that you're getting the right quantity and quality of sleep, check out the Sleep Cycle app (99 cents, for iOS and Android; sleepcycle.com) or SleepBot (free, iOS and Android; mysleepbot.com).

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Baby *On* Board

BY DIANA KELLY ///

Getting pregnant doesn't mean giving up your favorite workouts—in fact, exercise is key to delivering a healthy baby. Here's how to keep fit throughout the journey to motherhood.

Nicole Moneer's first pregnancy got her prepared for those middle-of-the-night baby feedings that come with bringing home a newborn. The IFBB bikini pro found that eating fruit and small meals in the wee hours helped prevent nausea the next day. But nothing about being pregnant could slow Moneer down. "Being active has been a huge part of my life for the past two decades, so I saw no reason to stop when I was pregnant!"

Not too long ago, doctors told women that the best thing they could do to stay safe during pregnancy was to rest up. Workouts were limited to walking or other low-impact activities. Today we know much more about what it takes to support

a healthy pregnancy, and staying fit is a key part of that.

Exercise has been shown to help reduce pregnancy-related aches and pains, improve blood pressure, lower the risk of gestational diabetes, make for easier labor and delivery, and more. In fact, more than 92% of obstetricians advise their patients to exercise.

"Women used to be told to rest as much as possible and eat as much as they want," says Raul Artal, M.D., a professor in the department of obstetrics and gynecology and women's health at Saint Louis University School of Medicine. "Now we know that women should continue to live normal lives—which includes regular exercise—while listening to their bodies." If

you sense changes or feel discomfort or pain you need to get checked out, he explains. But otherwise, healthy women should be doing 30 minutes or more of moderate exercise most days a week.

Tweak Your Workouts

While exercise is important, even the fittest woman needs to make some adjustments to her workout regimen when pregnant.

Routines that were your “easy workouts” before pregnancy may be significantly more difficult. A healthy woman who suddenly has an extra 30 pounds of weight on her frame will need to change some aspects of her routine, notes Artal.

“It’s also important to consider what level of fitness you were at pre-pregnancy,” says Melissa Paris, a prenatal fitness trainer. If you were already exercising regularly, you can still do most of the same exercises during the first trimester (stop immediately if you feel discomfort or pain).

But as you approach the second trimester, the rules can start to change. **Avoid situps and twists, as they can strain the abdominals, which are already getting stretched out. Stick with exercises like planks and side planks to work the core.** You may need to also gradually reduce the amount of weight you’re lifting: As your center of gravity shifts with your growing belly, it could throw off your balance, which may lead to a strained muscle or fall. Certain moves can be modified, like overhead lifts and presses, whereas their traditional mechanics can put excess stress on your lower back. **Simple shifts such as lifting just one weight during an overhead press, or taking moves from a standing position to a seated one, can help keep you on track.** It’s also important to be more aware of maintaining proper form with each exercise and making sure you don’t hold your breath, says Paris.

As long as your pregnancy is progressing normally, as indicated by your doctor or midwife, and comfort isn’t an issue, it’s fine to maintain your current level of activity from the second to the third trimester, says Artal. If not, now is the time to cut back. Decrease your workload by 10–20%, switch activities (e.g., use the elliptical instead of the treadmill), and eliminate high-intensity intervals. Be on the lookout for warning signs such as shortness of breath, dizziness, or lethargy, which can mean

you should slow down and take a short break. Of course, if you experience abdominal pain, vaginal bleeding, or any other dramatic symptoms, call your doctor or midwife right away.

It’s also important to keep the super-intense cardio activities to a minimum throughout your pregnancy, including during your first trimester, Artal explains. Overheating now can lead to serious complications, so keep your heart rate low, have a water bottle close at hand, and remember to allow five to

any nutritional deficiencies solely with supplements. “Many exercisers will continue to diet during pregnancy—and they’ll try to replace their deficient diet with extra vitamins, when in reality, they need to get nutrition from food,” Artal explains.

While prenatal vitamins are important, avoid taking vitamins A, D, E, and K in large amounts, as they can cause birth defects, he adds.

Still, don’t be afraid to give yourself the occasional indulgence. Moneer gave into cravings early in her pregnancy. “I



Regular exercise helps reduce pregnancy-related aches and pains and makes for easier labor and delivery.

Bringing home baby!

Check out how Nicole has handled her pregnancy and is getting her body back on the Community section of muscleandfitnesshers.com.

10 minutes for a cooldown to help your heart rate return to near-normal levels. Note that hot yoga is off the table altogether, along with activities like scuba diving and contact sports.

Diet Dos (and Don’ts)

Although you might be “eating for two,” even active women shouldn’t use pregnancy as an excuse to eat with abandon, Artal says, since too much weight gain can hurt you and the baby. **On average, you should be taking in about 200 additional calories per day if you have a normal diet.** According to the American College of Obstetricians and Gynecologists, underweight women should gain 28–40 pounds during pregnancy, normal-weight women should add 25–35 pounds, and overweight women 15–25 pounds. Remember, most pregnancy weight is due to amniotic fluid, water retention, and other pregnancy-related issues, which can total 15 pounds of weight in addition to the baby’s weight, says Artal.

In addition, don’t try to make up for

ate everything and anything against my religion—pizza, cupcakes, chips.” After that, she went back to craving salads and found that bell peppers, kale chips, and cucumbers soothed her nausea, along with healthy fats like grass-fed butter and gluten-free bread and pastas. By her third trimester, she was back to her regular clean-eating regimen.

As for working out, Moneer exercised up to four times a week through her second trimester, teaching cardio kickboxing once a week, and instructing her Pilates clients. As her pregnancy progressed, she slowed down a bit, cutting back her workouts to one to three times a week in her third trimester. She delivered a healthy baby boy six weeks early.

Being prepared both mentally and physically helped ease her journey, but so did keeping up her workout routine. “I was training for the biggest marathon of my life and all my healthy habits helped me get through it!” she says. “It also made it a lot easier to get back into the gym—and get my pre-baby body back once I was given the all clear.”

Pedal Power

There's a reason group cycling classes are still crowded everywhere you look: They're one of the best ways to blast fat and get fit. Here's how to make the most of your workout, even if you're going solo. BY ALYSSA SHAFFER

• **FOR A MASSIVE** calorie burn with minimum impact on your joints, hop onto a spin bike. Group cycling classes like spinning remain one of the top workouts for shredding fat and improving your fitness, burning more than 500 calories an hour. “Most cycling classes are based on interval training, which boost production of the muscle enzymes that optimize fat oxidation,” explains spin instructor and Bombshell Fitness founder Shannon Dey.

Pedaling away on a bike that goes nowhere in sync to loud, pulsating music may not sound like the ideal recipe for success, but spin enthusiasts say after a while, the classes are addicting. “It’s all about getting on the bike and becoming hooked on the rush of endorphins,” notes spin instructor Nikki Donnelly. “There’s nothing like the feeling of accomplishment that you get when you’re dripping with sweat from head to toe. It’s what I call transcendence.”

A good teacher will get your heart rate up to the fat-burning zone and keep it there for the entire ride. But while it can be motivating to be surrounded by a dozen or more other sweaty pedalers, you can still get all the benefits of a kick-butt spin class on your own. All you need is some music and a stationary bike. Ideally, get aboard a non-motorized spin bike, which will allow you to easily change positions from standing to sitting; it also has a heavy flywheel, which will keep you working hard.

Try this high-energy workout from Donnelly, which focuses on revolutions per minute (RPM) to keep you on the beat. Or feel the burn with the new Peloton spinning anywhere app. See page 49 for more info.



Song	Pace
LET ME THINK ABOUT IT (<i>Ida Corr vs. Fedde Le Grand; extended version</i>)	90-110 rpm, light resistance: Seated (about three to five turns from start).
HOW FAR WE'VE COME (<i>Matchbox 20</i>)	70-80 rpm, moderate resistance: Light jog, standing, holding bars near base.
WELCOME TO THE JUNGLE (<i>Guns N' Roses</i>)	High intensity: Increase resistance three to four turns to the right and sprint all-out in the saddle for 30 seconds, then decrease rpms to about 80 for one minute. Repeat sprint, then recover through end of song.
STARIN' AT IT (<i>XO!</i>)	Moderate-heavy resistance: (One full turn more than last song); standing, holding ends of bars for first two minutes, then shift to more of an upright position, holding bars near base for two minutes.
CARRY ON (<i>Fun</i>)	Heavy resistance (65 rpm): Seated climb; go slowly as if climbing a big hill.
ICKY THUMP (<i>The White Stripes</i>)	Heavy resistance (65 rpm): Standing climb; hold ends of handlebars.
I WILL WAIT (<i>Mumford & Sons</i>)	Seated sprints: Take off two turns to the left. Sprint all out for the chorus, which occurs two times during the song.
IN DA CLUB (<i>50 Cent</i>)	Standing climb: Increase resistance one turn each time the chorus plays; maintain pace of 65 rpm.
AMERICAN DREAM (<i>MKTO</i>)	Take off half of the resistance you put on; increase pace during the chorus (rpm will increase from 70 up to 100).
FIRST FLIGHT HOME (<i>Jake Miller</i>)	Light resistance: 90-110 rpm (about three to five turns on).

*FINISH WITH FIVE MINUTES OF STRETCHING OFF THE BIKE.

3 CYCLING WORKOUT ESSENTIALS

Elevate your indoor cycling personal bests with these editor-approved must-haves —*Christina Simonetti*



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These moisture-wicking compression shorts are guaranteed not to ride up when you're madly spinning away and offer much-needed coverage while still managing to look cute. (\$75; sugoi.com)



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BY CAT PERRY AND ZACK ZEIGLER

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4 MusclePharm Coco Protein

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2 Orgain 25g Organic Protein Shake

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5 CytoSport Muscle Milk Organic

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3 Nature's Best Javapro RTD

It's sort of like an Irish whiskey—except this on-the-go cup of joe subs protein for booze and can help fuel your workout. One eight-ounce, 100-calorie serving contains 70 milligrams of caffeine, 16 grams of protein, and just four grams of sugar, making it an ideal go-to for a pre- or post-workout pick-me-up. (\$35/12 8-oz cans, vitaminshoppe.com)

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After almost forty years in a "training bra," I have filled a B cup in only 6 weeks... — LL

I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — MR

My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — PW

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — EA

[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - JS, Clinical Pharmacologist

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4 IFBB ST. LOUIS PRO 212, BIKINI, WOMEN'S PHYSIQUE St. Louis, MO. Contact Jack Titone, (314) 686-3828, npcmidwest.com.

May

1/2 IFBB EUROPA ORLANDO BODYBUILDING, WOMEN'S FITNESS AND PHYSIQUE Orlando, FL. Contact Ed & Betty Pariso, bettypariso@aol.com, europagamesexpo.com.

IFBB PITTSBURGH PRO MEN'S PHYSIQUE, FIGURE, BIKINI Pittsburgh, PA. Contact Jim Mannion, (412) 276-5027, npcfirst@aol.com.

2 IFBB SPARTAN'S WOMEN'S PHYSIQUE San Diego, CA. Contact Jon Lindsay, (866) 370-3011, musclecontest.com.

9 IFBB OPTIMUM CLASSIC PRO WOMEN'S PHYSIQUE Shreveport, LA. Contact Robert Blount, (318) 347-2208, info@optimumclassic.com.

10 IFBB NEW YORK PRO BODYBUILDING, 212, PHYSIQUE, FIGURE, BIKINI Teaneck, NJ. Contact Steve Weinberger, (516) 933-1111, info@bevfrancis.com.

23 IFBB CALIFORNIA PRO BODYBUILDING Culver City, CA. Contact Jon Lindsay, (310) 796-9181, tamer@musclecontest.com, musclecontest.com.

29/31 IFBB ARNOLD CLASSIC BRASIL BODYBUILDING, WOMEN'S FITNESS Rio de Janeiro, Brazil. Contact Rafael Santonja/Robert Lorimer, arnoldclassicbrasil.com.

30 IFBB OMAHA PRO 212, WOMEN'S BODYBUILDING, FIGURE, WOMEN'S PHYSIQUE Omaha, NB. Contact Jack

Titone, (314) 686-3828, npcmidwest.com.

IFBB MILE HIGH PRO PHYSIQUE Denver, CO. Contact Jeff Taylor, (303) 668-8578, jtnpc@comcast.net.

IFBB NORTHERN CALIFORNIA PRO MASTERS BIKINI Sacramento, CA. Contact Ted Williamson/John Tuman, (951) 687-9366/(209) 480-1798, tedwm@aol.com/bbspy@aol.com, spectrumfitnessproductions.com.

NPC NATIONAL

May

30 JUNIOR USA BODYBUILDING, FITNESS, FIGURE, BIKINI, PHYSIQUE Charleston, SC. Contact Tres Bennett, (843) 270-4373, tresb@comcast.net, npcjusa.com.

June

12/13 JUNIOR NATIONAL BODYBUILDING, FITNESS, FIGURE, BIKINI, PHYSIQUE Chicago, IL. Contact Pam Betz, (407) 876-4467, pambetz@aol.com, npcjnationals.com.

NPC LOCAL AND REGIONAL

March

14 COMPLETE NUTRITION BODYBUILDING, FITNESS, FIGURE, BIKINI, PHYSIQUE* Salt Lake City, UT. Contact Steve

Schmall, (801) 687-6409.

20/21 NATURAL WESTERN USA BODYBUILDING, FITNESS, FIGURE, BIKINI, PHYSIQUE* Mesa, AZ. Contact Miles Nuessle, (602) 326-3473, npcmlsproductions.com.

CALIFORNIA GOVERNORS CUP BODYBUILDING, FIGURE, BIKINI, PHYSIQUE* Sacramento, CA. Contact Ted Williamson/Hany Rambod/John Tuman, (209) 480-1798, spectrumfitnessproductions.com.

DENVER OPEN BODYBUILDING, FIGURE, BIKINI, PHYSIQUE Glendale, CO. Contact Jeff Taylor, (303) 282-9999, coloradonpc.com.

PHIL HEATH CLASSIC BODYBUILDING, FITNESS, FIGURE, BIKINI, PHYSIQUE* Houston, TX. Contact Lee Thompson, (281) 435-8804.

April

4 JAY CUTLER DESERT CLASSIC BODYBUILDING, FITNESS, FIGURE, BIKINI, PHYSIQUE* Las

Vegas, NV. Contact Dana Ross (702) 285-1921, jerusprol@hotmail.com, jaycutlerdesertclassic.com.

MIDWEST CHAMPIONSHIP BODYBUILDING, FITNESS, FIGURE, BIKINI, PHYSIQUE* St. Charles, MO. Contact Ann & Jack Titone, (314) 686-3828, titone@aol.com, npcmidwest.com.

*National qualifier event

For local event listings, information on entering these contests, and more, go to npcnewsonline.com and ifbbpro.com.

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